

# First Touch model session 2

## 1. Skill introduction

- In and around the centre circle (approx 25m diam) 3 groups of 4 (or more) players with different color bibs are positioned as follows:
  - a. The red players outside the centre circle with a ball each
  - b. The yellow players outside the centre circle without a ball
  - c. The blue players inside the centre circle without a ball
- The blue group moves around the circle calling for the ball and moving it with their first touch to pass it to a player outside the circle who does not have a ball (anticipation, communication and awareness)
- Change roles after 1 min

### Variations

- Only use left/right foot
- Only use inside/outside foot
- Serve out of hands to thigh/chest
- After passing the ball servers follow their pass to (passively) pressure the receiver on their 1<sup>st</sup> touch

### Player Actions to encourage:

- “know beforehand to whom you are going to play the ball” ie SCAN
- “try to use 2 touches only, the 1<sup>st</sup> touch to receive the ball and the 2<sup>nd</sup> touch to pass it” Ball must not STOP rolling with 1<sup>st</sup> touch
- “do not just move the ball side ways, also make a full turn”
- Get on an angle where you can see most of the circle when receiving the ball

### Concluding ‘challenge’:

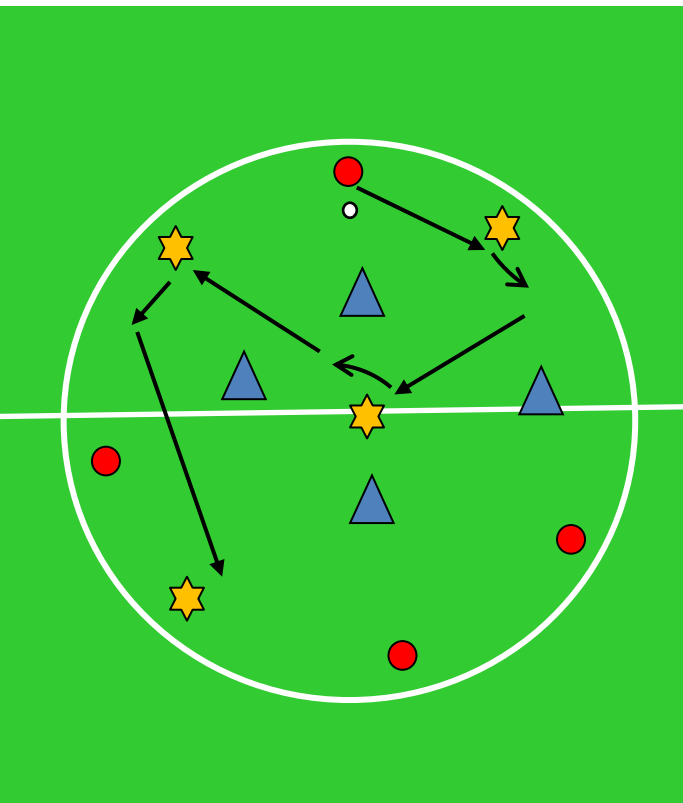
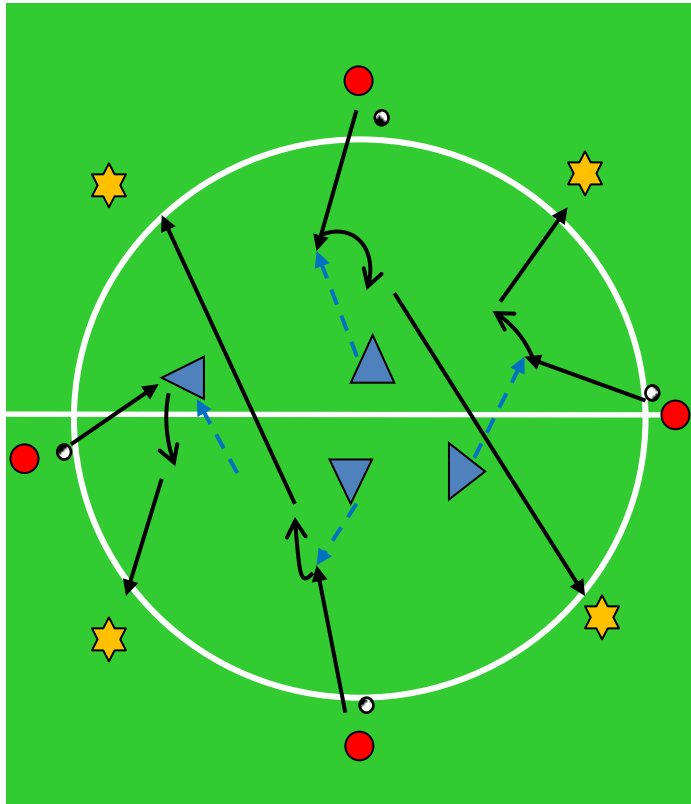
8 v 4 in centre circle, MANDATORY 2 touches to emphasize a quality 1<sup>st</sup> touch.

Yellow and red try to keep possession with blue defending.

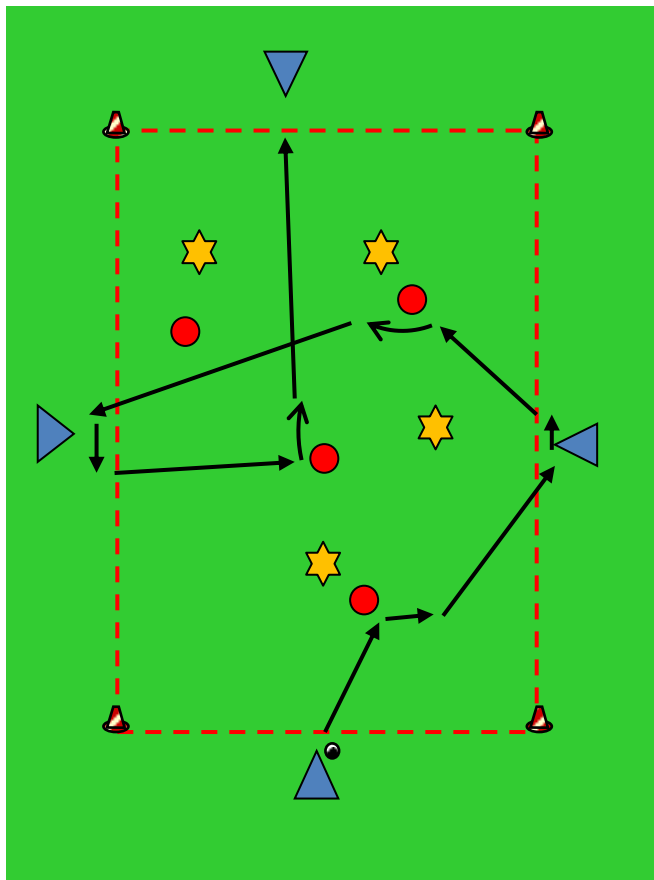
Always position 1 or 2 ‘link’ players centrally.

How long does it take for blue to make 5 or 10 interceptions? Now yellow defends and then red,

Who is the winner?



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## 2. Skill training component

Positioning game 4 v 4 with 4 walls (8 v 4) in a 20x30m grid (depending on player's ability)

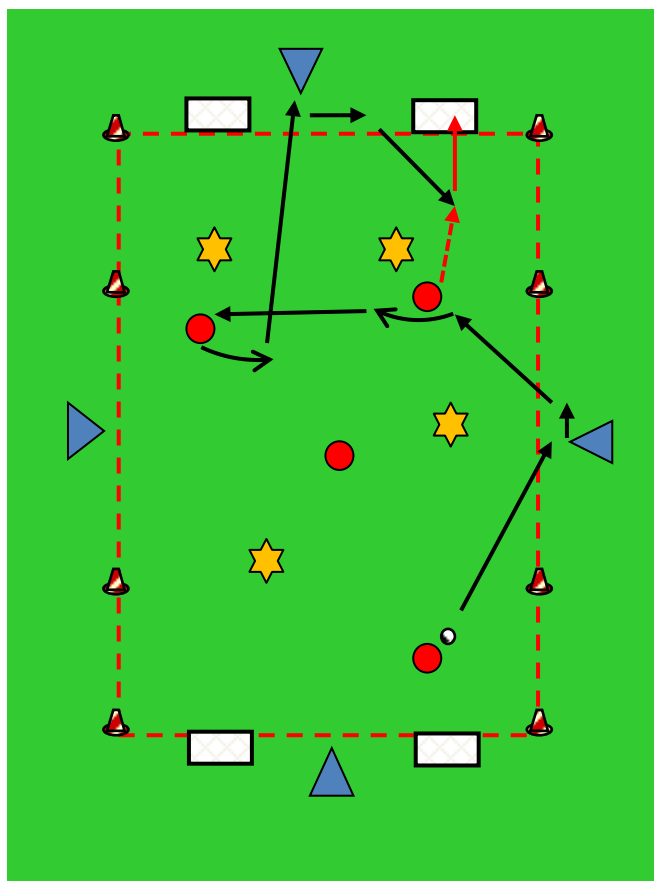
Mandatory 2 touches for all players including the 'walls' who must keep the ball moving (i.e. not allowed to stop the ball with their 1<sup>st</sup> touch). This simple restraint sees to it that each 1<sup>st</sup> touch must be perfect every time the player receives the ball.

### Player Tasks / Actions :

- “move the ball with your 1<sup>st</sup> touch away from the defender(s)”
- “use body feints to disguise your intention”
- “make an angle when asking for the ball”
- “try to position yourself in a way that you can see as much of the grid as possible”
- “scan your options before receiving the ball”
- “walls: help the players in the grid by coaching them”

Step up: reduce grid size

Step down: increase grid size or go back to an easier positioning game i.e. 4 v 1; 3 v 1 or 4 v 2



3. Skill game: 4 v 4 with 4 walls (8 v 4) in a 20x30m grid with two 2m goals and a 5-7m scoring zone at each end (see diagram on the left)

### game rules:

- mandatory 2 touches for every player (MUST touch the ball twice)
- walls not allowed to stop the ball or play to each other
- inside the scoring zone one touch finish is allowed if the ball comes from the wall player between the goals
- change teams every 2-3 minutes or after a goal is scored