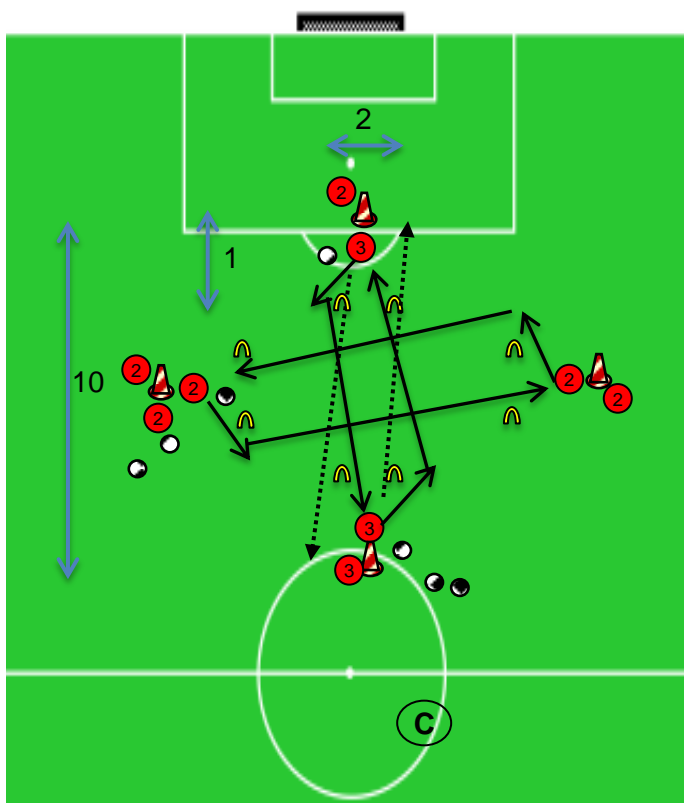


Core Skill: First Touch –

Session objective: *Improve touch speed and direction*

INTRODUCTION

Organisation Diagram:



Explanation:

Organization

- Set up 2 identical passing stations running simultaneously perpendicular to each other
- 5 players per set up as shown
- Red plays to opposite red whose first touch must go to outside of cone
- Play to opposite red to does the same
- Instep right, pass with right
- Instep right pass with left ie touch across body
- Right and left foot

Progression:

- Remove cones at one end. Set up as per Yellow grid
- Now passer follows pass and move to one side. Receiver must touch ball away from oncoming opponent
- Passer can go to right, left or straight at receiver

KEY POINTS

Eyes Up

Lock Ankle

Ball must NOT stop

Concluding Competition:

First group to 15 consecutive passes. Passer must attack receiver head on

INCLUDE AS OFTEN AS POSSIBLE:

AND AVOID !

Decision-making

Avoid: Too long waiting in lines



Options

Avoid: Non-stimulating exercises



Communication

Avoid: Over complicated exercises



More than one action

Avoid: Intensity too high, or intensity too low

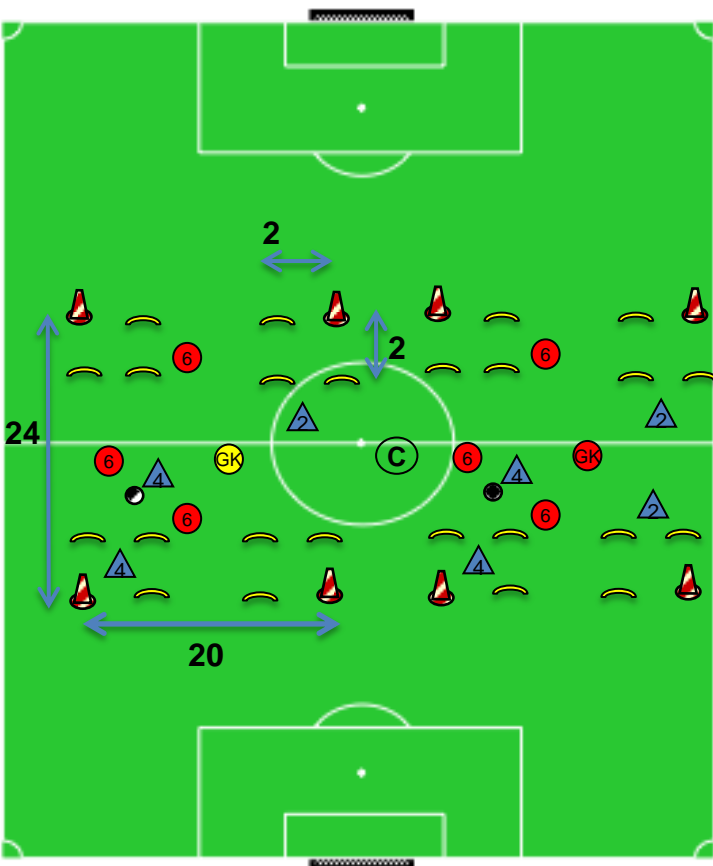


'Added extras' in 'dead time'



Core Skill: First Touch –SKILL TRAINING

Organisation Diagram:



Explanation :

Organization

- 20 players
- 5v5
- Team must pass ball to team mate in corner grid.
- Receiver must exit corner grid with 1 touch to SCORE. If you do it with opposite foot you get 2 points for goal
- Must have 2 Touch elsewhere
- Defenders can defend and enter corner grids
- Player can not dribble ball into corner grid and exit with dribble to score

Step Up:

- To score must play 1 touch pass to 3rd man in
- 6 passes = 1 goal

Step Down:

- All in touches
- Add J
- Make bigger

Team Task:

Can you get the ball into a grid without risking possession

Player Actions:

When your team has possession support the ball carrier.

When your team has possession can you position yourself where you can SEE as much of the field as possible

When your team is in possession can you make the field as big as possible

Cues:

As the ball is travelling to a team mate can support the ball left right or middle

As the ball is travelling to a team mate try to position yourself in the grid facing forward

As the ball is travelling to you, can you get your eyes up to see opponents and team mates

As you receive the ball can you put your first touch into space away from oncoming opponent

As the ball moves can you SCAN to see team mates and opponents

Core Skill: First Touch – TRAINING GAME

Explanation:

Organization:

- Set up 2 games
- 4v4 + GK
- Must have 2 touch
- 1 touch to finish
- If you score in little goals transition to big goal
- If you score in big goal, retain possession and attack big goal again.

Progression:

- All in

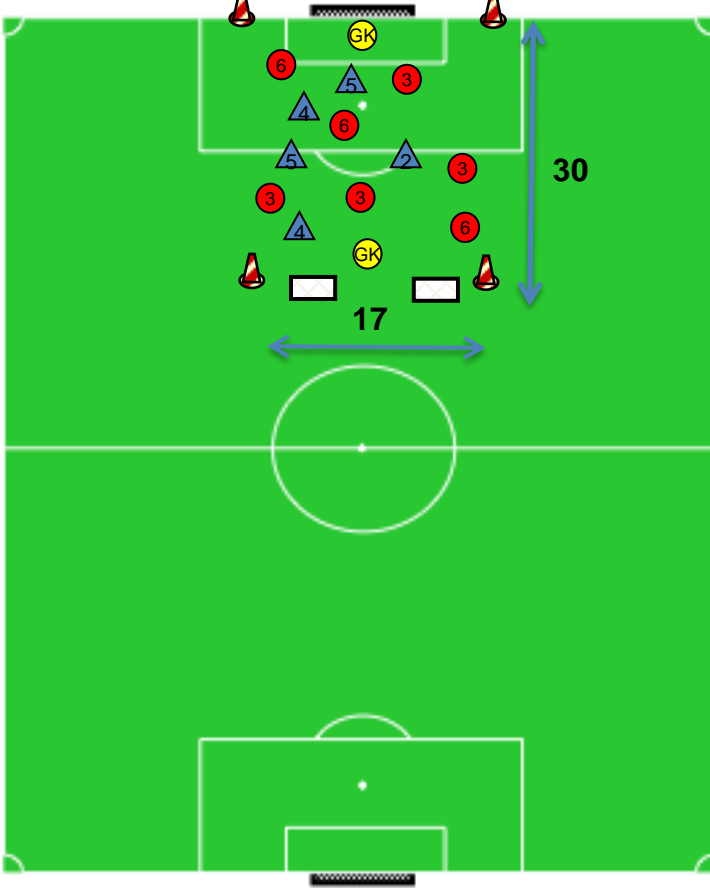
Step Up:

- Make smaller

Step Down:

- Make larger
- 'All in' touches

Organisation Diagram:



Evaluation:

- Session Objective Achieved?:

- Next Steps?:

- Other Notes?:

Training Game

A game conducted at the end of a training session

A game conducted at the end of a training session giving the players the opportunity to PLAY FOOTBALL while applying the learning from the first two session components

Designed to allow the coach to assess how much 'teaching and learning' has taken place, related to the defined session objective

SELF EVALUATION - SESSION

DATE: //12

TOPIC: *Improve touch speed and touch direction*

ATTRIBUTE	EVALUATION/COMMENT
<i>Organisation & Structure</i>	
<i>Your Coaching Style</i>	
<i>Effectiveness & detail of communication</i>	
<i>Session Progression & outcomes</i>	
<i>Tasks, cues & game constraints</i>	
<i>Effectiveness of session</i>	
<i>What players learned</i>	
<i>what would you do differently</i>	