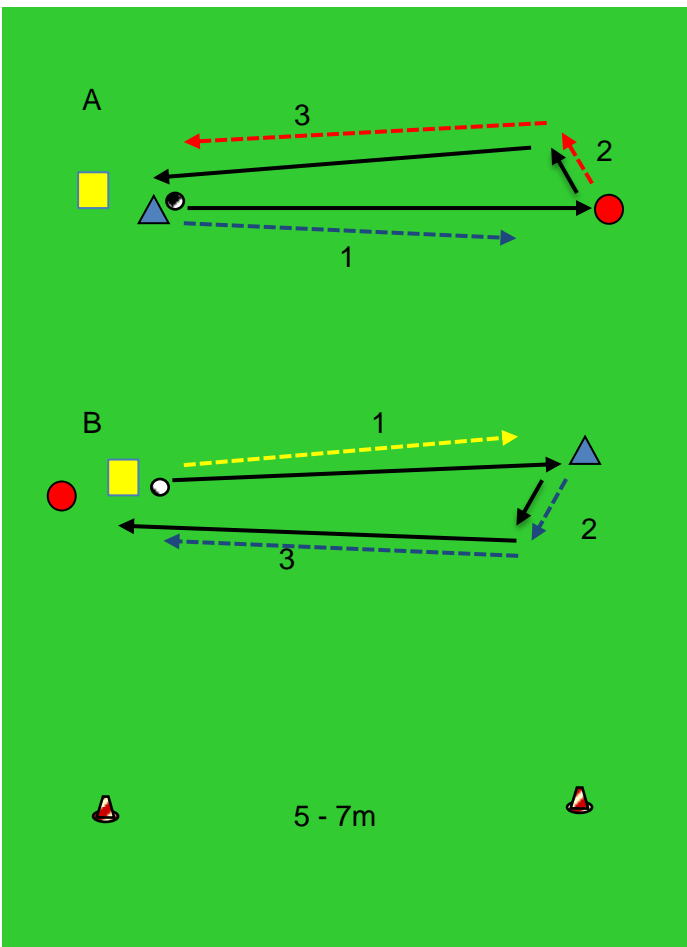


First Touch model session 1



1. Skill introduction:

Players in fours (fives is also fine, and is a way of reducing intensity, if required) with one ball between them. One player is positioned 5 – 7m away from the others. The blue player starts by passing the ball to the red player and Following the pass at speed.

The red player uses his first touch to move the ball away from the blue player, and with his second touch passes to the yellow player. The red player jogs to the back of the opposite line.

In example A, the red player has moved the ball to the right because the blue player approached him slightly to his left side. In example B, the blue player has moved the ball to the left because the yellow player approached him to his right.

The coach can also direct the passer to follow the pass by running **directly** at the receiver. The receiver then has to fake to move the ball in one direction, and then with his first touch move the ball the other way. This will lead to 'fake - first touch with outside of foot – pass with inside of same foot' and 'fake – first touch with inside of foot – pass with inside of other foot'

Concluding Competition:

Which group can complete 10 passes first?

2. Skill training component:

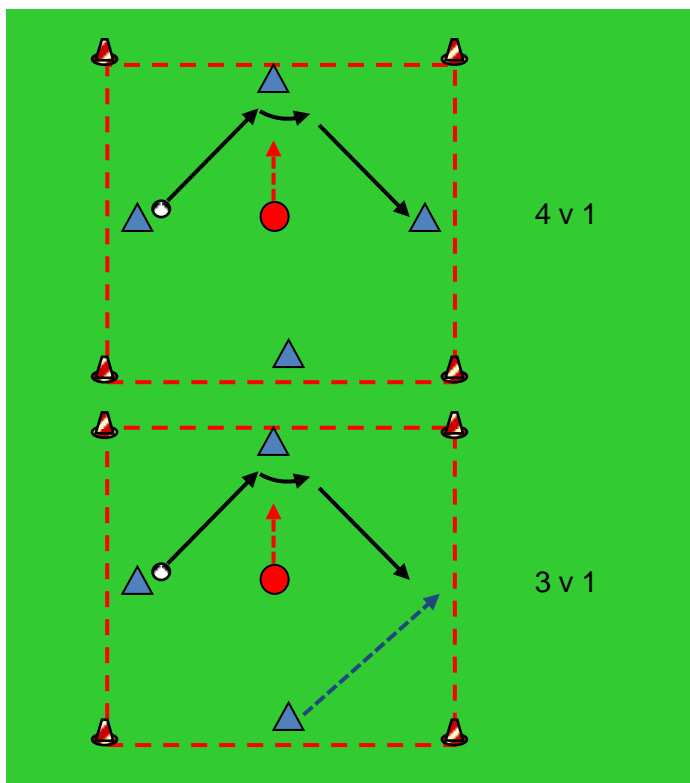
Positioning Games with **two touches** as a **mandatory minimum** requirement.

Disallowing a direct pass forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

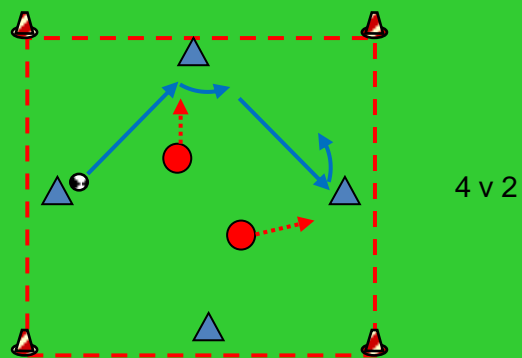
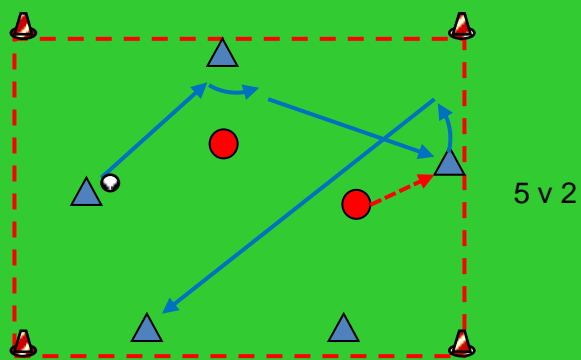
Which positioning games to use depends on the level of the players and ranges from 4 v 1 (easiest) via 3 v 1 and 5 v 2 to 4 v 2 (most difficult).

The grid size also depends on the level and capabilities of the players with 15 x 15 m as a point of departure (15 x 20 m for the 5 v 2)

The coach can make it more challenging for the players by simply decreasing the space or more easy by making the grids bigger.



First Touch model session 1

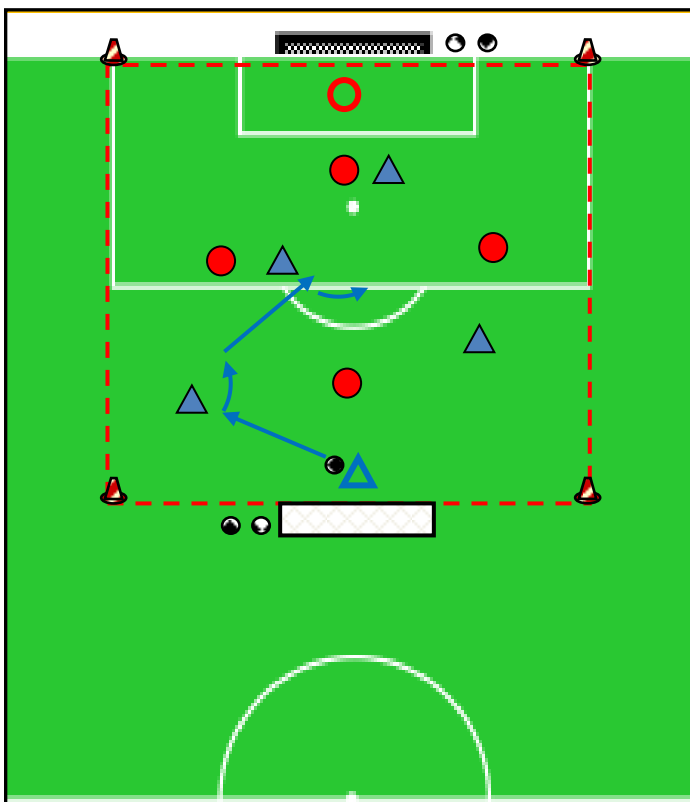


Player Tasks / Actions:

- Move to support as the ball moves
- Make angles (do not stand in the corners)
- Keep your body open to the field
- Move the ball with your first touch away from the defender(s)
- Use body feints to disguise your intention

Competition:

which defender(s) forces most mistakes in 1 minute?



3. Skill Game:

5 v 5 with the restriction that with every ball contact each player must take **two touches minimum**.

Disallowing direct play forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

The coach can make the game more challenging by simply decreasing the space or more easy by making the field bigger or creating a numerical advantage for the team in possession of the ball by adding a 'joker'.