

First Touch Improve Touch Speed and Touch Direction

1. Skill introduction:

Players in threes, positioned as shown. Both players at the sides with a ball; the player in the middle stands in a 2x2m grid without ball.

The exercise starts with the players on one side passing the ball to the player in the grid.

They must move the ball with their first touch sideways out of the grid and pass it back with their second touch.

Then they receive the next ball from the player at the opposite side, etc. (see 1)

Rotate positions after 10 repetitions by the player in the grid.

Use various techniques i.e. right/left foot only; inside/outside foot only.

Next, the central player receives the ball, turns in the grid (one touch) and passes to the player at the opposite side with their 2nd touch.

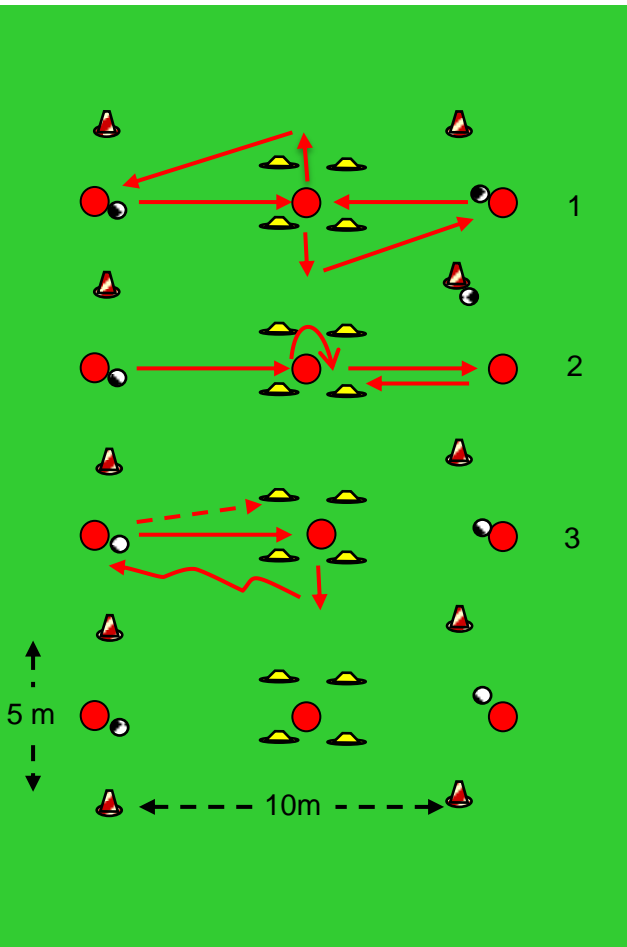
This player receives the ball and passes it back again to the player in the grid, etc. (see 2: so here we temporarily use one ball only!) .

Again: left and right; inside and outside foot.

With the last variation the outside players follow their pass, sprinting to the left or right cone of the grid.

The players in the middle must now move the ball out of the grid in the opposite direction with their 1st touch.

Next, both players change positions (see 3).



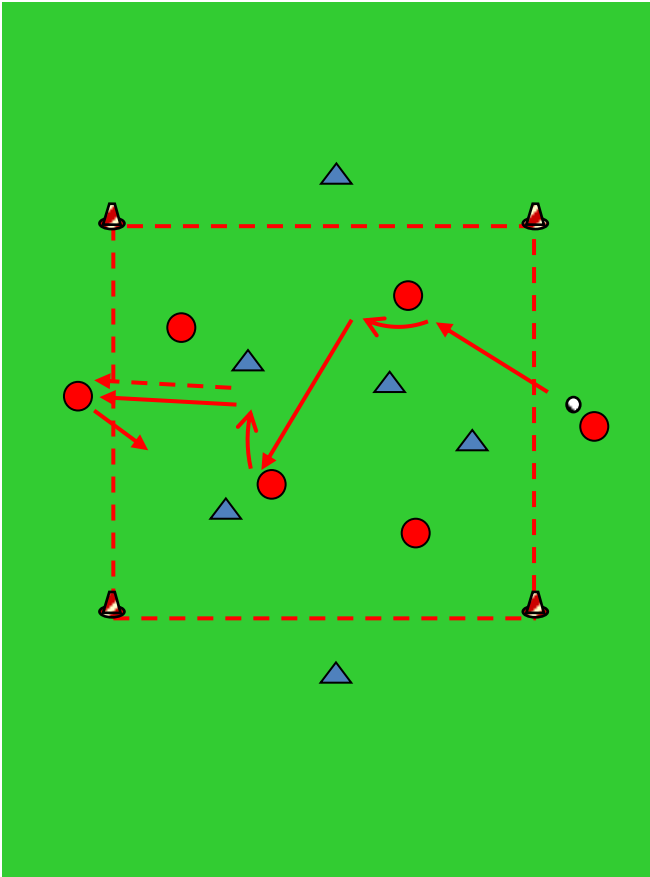
Concluding challenge:

Use one of the 1st touch techniques for a relay:

“which group has concluded 10 perfect repetitions by all 3 players first”

“OK, one more time and now(other technique)”

First Touch model session 3



2. Skill training component

- Positioning game 4 v 4 + 2 'rescue' players (6 v 4) in a 30x30m grid
- The 'rescue' players of both teams are positioned contrary of each other (see diagram).
- Mandatory 2 touches for all players, including the 'rescue' players (this simple restraint sees to it that each 1st touch must be good!)
- If someone passes to a rescue player, both players (passer and 'rescue' player) must immediately swap positions.
- Rescue player can enter grid whenever he wishes. Although he must be replaced by a team mate

Player Tasks / Actions:

“move the ball with your 1st 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”

“rescue players: help the players in the grid by coaching them”

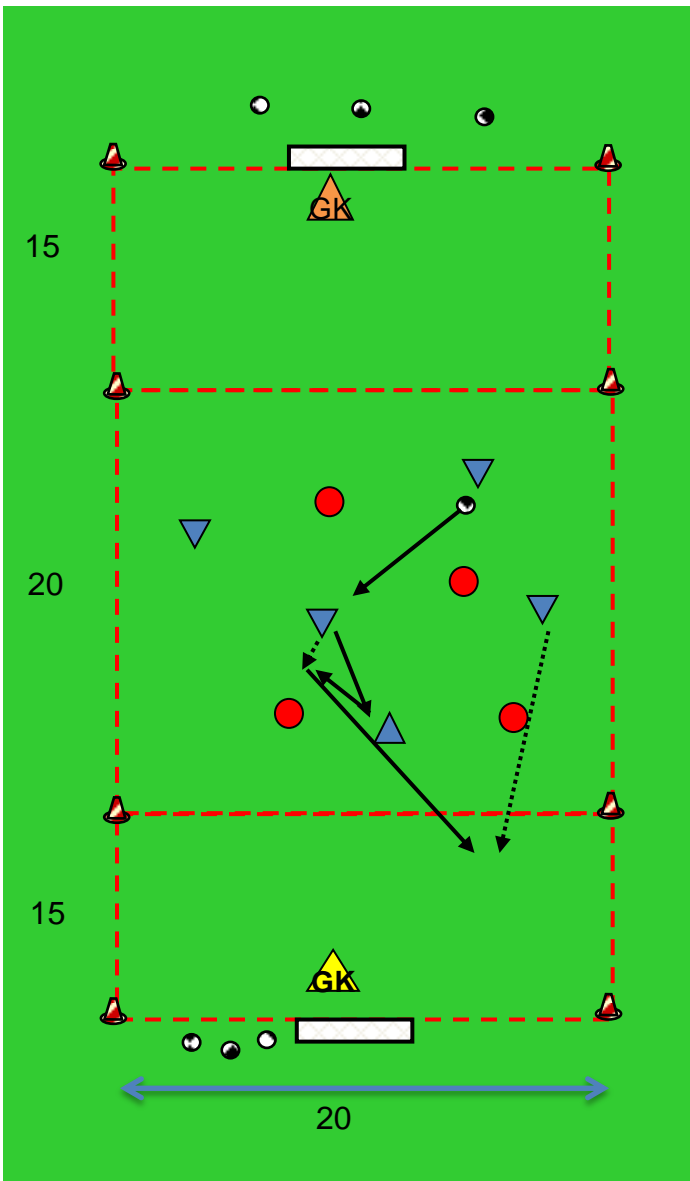
Step up:

- reduce grid size
- game: one point for every successful interchange passer-rescue player (NB the rescue player must continue possession)

Step down:

- increase grid size
- use a 'joker'
- use an easier positioning game

First Touch model session 3



3. Skill game: 4 v 4 end zone game

- 4v4 + 2gk's
- 4 v 4 in the middle grid; **mandatory 2 touches**
- Must play a pass into scoring zone before any players can enter
- 1 defender can follow
- Can use GK during build up phase
- If you score you retain possession

Variation (harder):

- Reduce the size of the pitch

Variation (easier):

- Add a 'joker' to make it 5 v 4 in the middle