

First touch Model Session 3

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 2m x 2m grid without ball.

The exercise starts with a player on one side passing the ball to the player in the grid. They must move the ball with their first touch side-ways out of the grid and pass it back with their second touch.

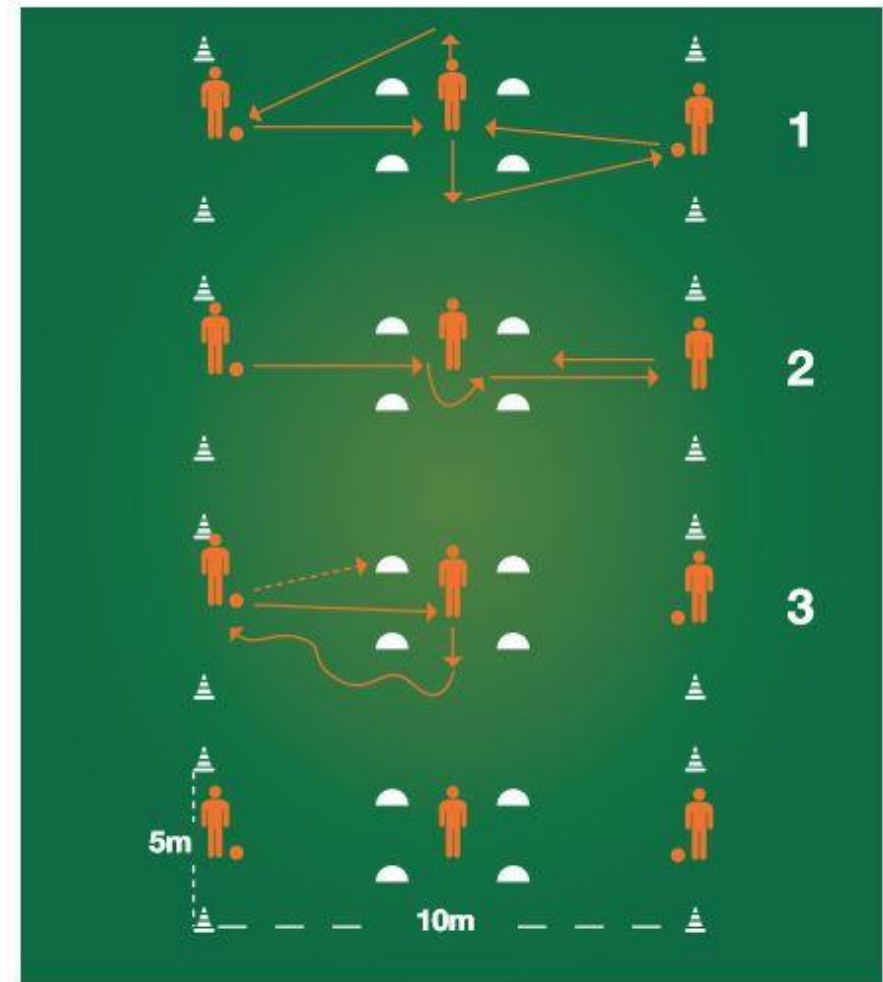
Then they receive the next ball from the player at the opposite side, etc. (see variation 1) Rotate positions after 10 repetitions. Use various techniques i.e. right/left foot only; inside/outside foot only.

In variation 2, 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. (so here we temporarily use one ball only!). Again: left and right; inside and outside foot.

In variation 3, the outside players follow their pass, sprinting to the left or right cone of the grid. The player in the middle must now move the ball out of the grid in the opposite direction with their 1st touch and dribble the ball to the empty cone. The new middle player now receives the ball from the other end and the pattern is repeated.

Concluding competition:

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 30m x 30m grid
- The 'rescue' players of both teams are positioned opposite each other (as shown in 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

Possible Coaches Remarks:

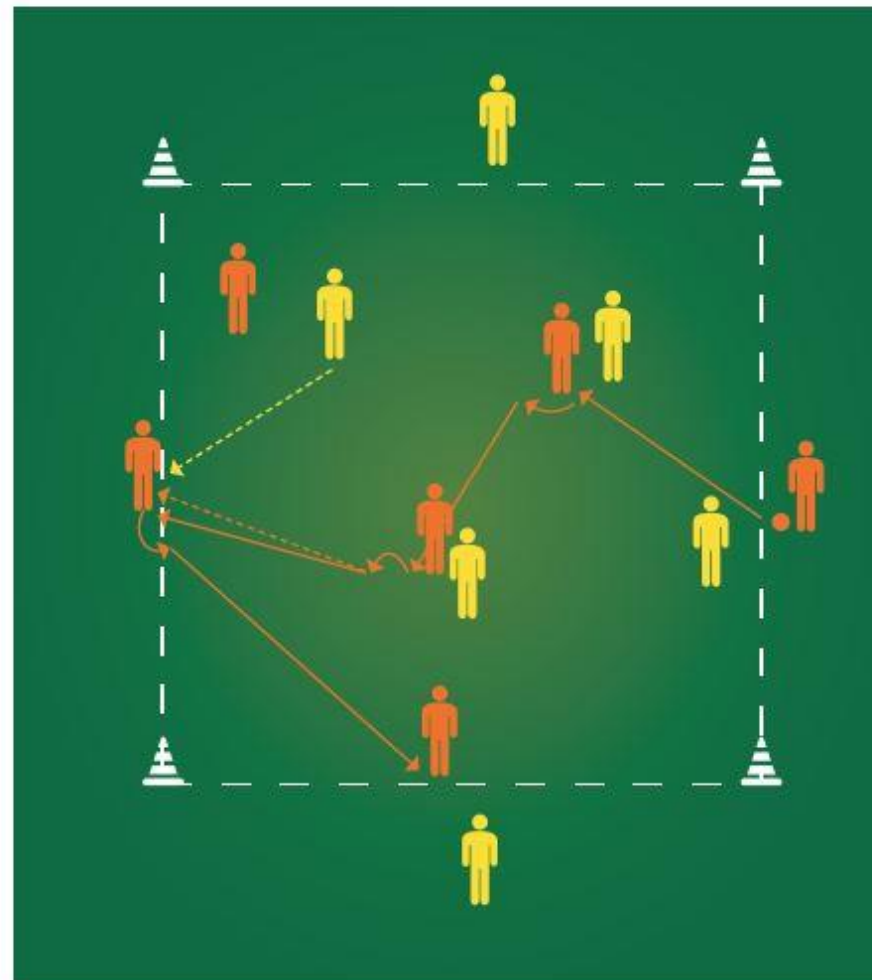
- "Move the ball with your 1st touch away from the defender(s)"
- "use body feints to disguise your intention"
- "make an angle when asking for the ball"
- "try to position yourself in a way that you can see as much of the grid as possible"
- "scan your options before receiving the ball"
- "rescue players: 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' or an easier positioning game



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3. Skill game

4 v 4 in a grid of approximately 35m x 35m with five 3m gates positioned as shown.

The team in possession scores a goal when one of their players passes the ball to a team-mate through one of the gates.

Mandatory 2 touches for all players

If the defending team wins the ball, the roles change without stopping the game.

"Which teams scores most?"

Step up:

- The attacking team must make an effort to score within 30 seconds, otherwise the possession goes to the opponent
- Decrease the goal size

Step down:

- Increase the goal size
- Add another goal
- Introduce a 'joker'

