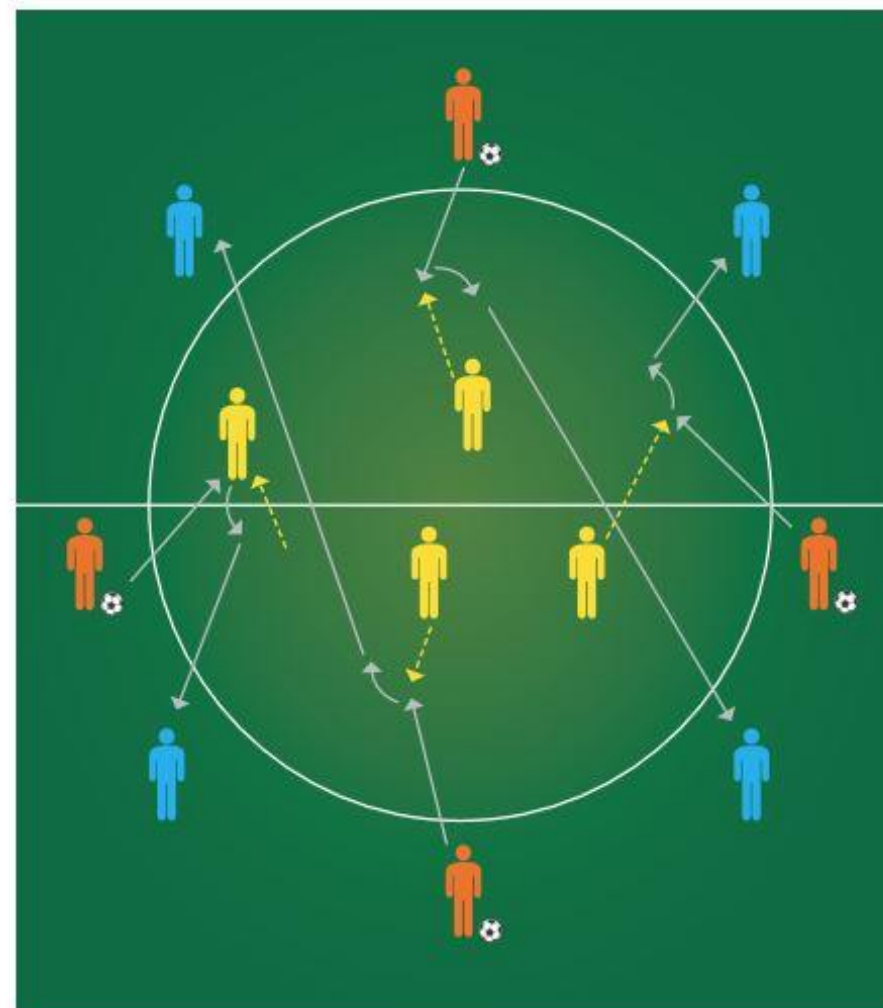


First touch Model Session 2

1. Skill introduction

- In and around the centre circle 3 groups of 4 (or more) players with different colour bibs are positioned as follows:
 - a. The orange players outside the centre circle with a ball each
 - b. The blue players outside the centre circle without a ball
 - c. The yellow players inside the centre circle without a ball
- The yellow group moves around the circle calling for the ball and moving it with their first touch to pass it with their second touch to a player outside the circle who does not have a ball (anticipation, communication and awareness)
- Change roles after 1-2 min
- 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 1st touch



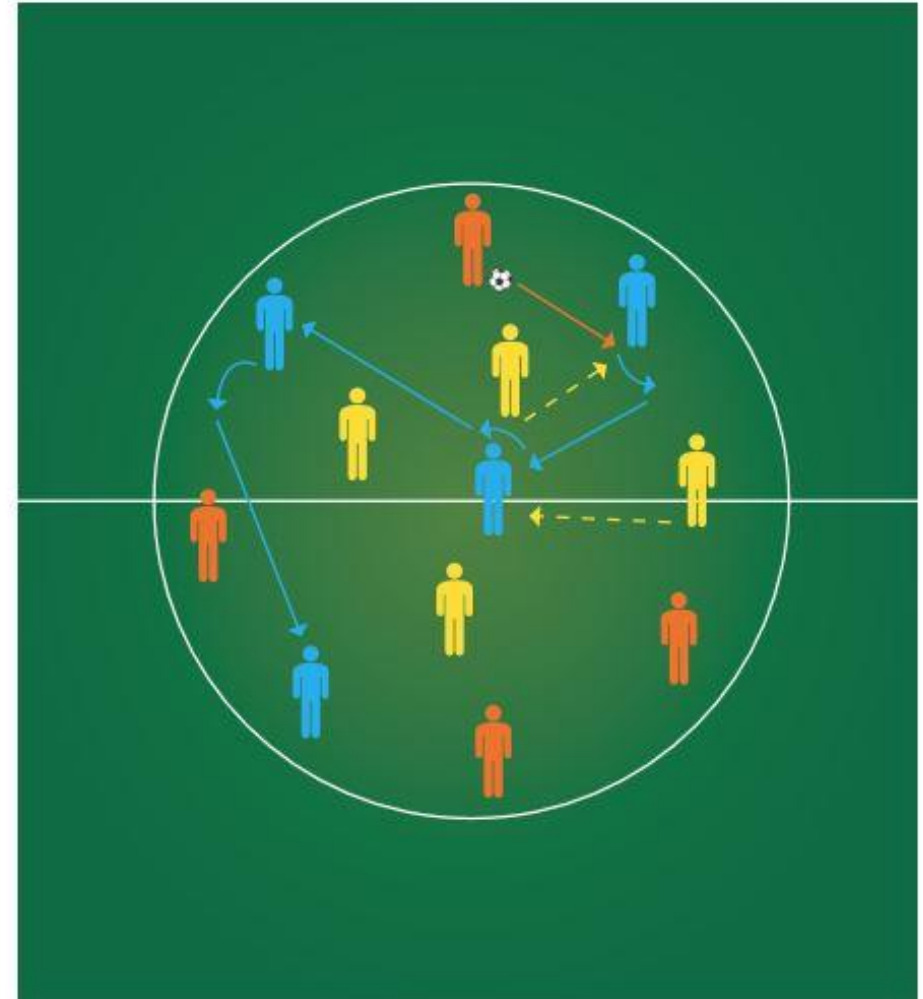
First touch Model Session 2

Possible Coaches Remarks:

- "Know beforehand to whom you are going to play the ball"
- "Try to use 2 touches only, the 1st touch to receive the ball and the 2nd touch to pass it"
- "Do not just move the ball side-ways, try to make a full turn sometimes"

Concluding game:

- 8 v 4 in centre circle, **mandatory** 2 touches to emphasise a quality 1st touch.
- Blue and orange try to keep possession with yellow defending
- Always position 1 or 2 'link' players centrally
- How long does it take for yellow to make 5 or 10 interceptions? Now blue defends and then orange
- Who is the winner?



First touch Model Session 2

2. Skill training component

Positioning game 4 v 4 with 4 'wall' players (8 v 4) in a 20m x 30m 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 1st touch). This simple restraint sees to it that each 1st touch must be perfect every time the player receives the ball.

Possible Coaches Remarks:

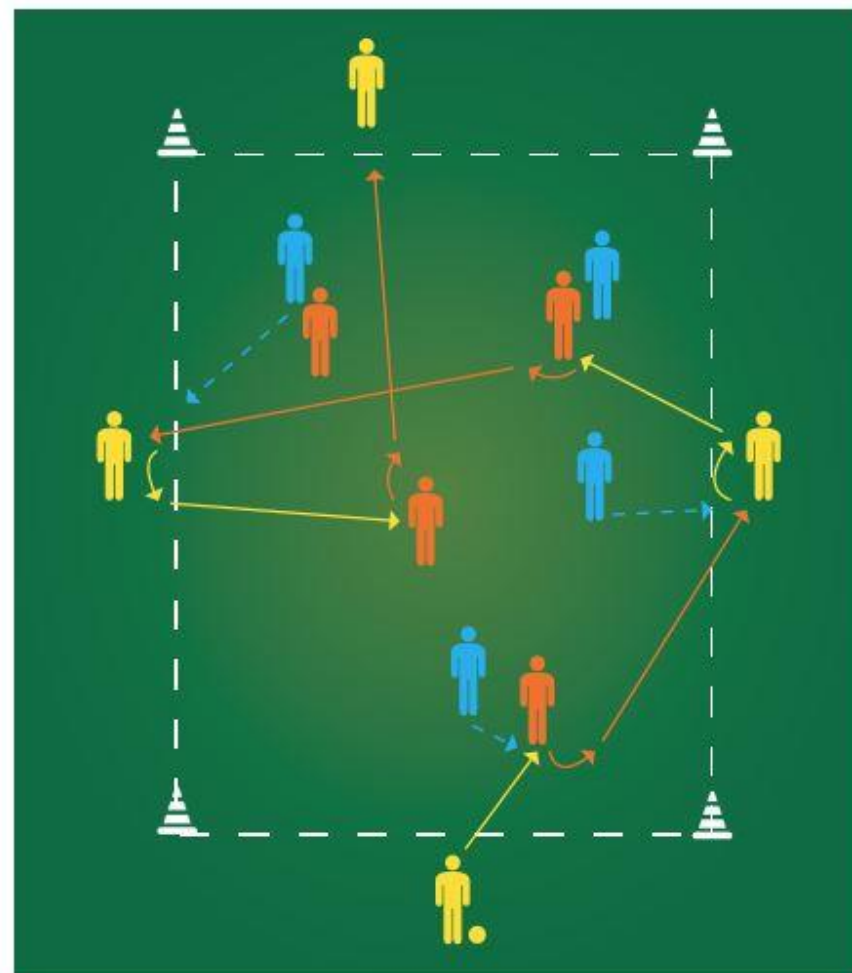
- "Move the ball with your 1st touch away from the defender(s)"
- "Use body feints to disguise your intention"
- "Make an angle when asking for the ball"
- "Try to position yourself in such a way that you can see as much of the grid as possible"
- "Scan your options before receiving the ball"
- "Walls: 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 (4 v 1; 3 v 1 or 4 v 2)



SKILL ACQUISITION PHASE

3. Skill game

- 4 v 4 with 4 walls (8 v 4) in a 20m x 30m grid with two 2m goals and a 5m-7m scoring zone at each end (see diagram)

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 finishes are allowed if the ball comes from the wall player between the goals
- Change teams every 2-3 minutes or after a goal is scored

