



First Touch

Category: Technical: Ball Control
Difficulty: Moderate

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Individual-Adult Member

Description

First Touch - Triangles and 3v1

Warm up (10 mins)

Organization

30 x 20 square - split the rectangle up into 3 or 4 teams no more than 4 on a team. Each team needs 1 ball.

Players pass and move around the inside of the square - to begin with you can pass and receive from any team and any player.

Follow the pattern below changing it every 3 minutes.

1. Open touches - players are to receive the ball and are not in a rush to pass it, but they are asked to play the next pass with quality
 2. Your team only - give 1 ball to each team - they can now only find their own team with passes - again as many touches as they want.
 3. Find the other Team - players have to receive and pass to other colours in the square.
 4. 2 or 3 touch Max - players pass and receive within their own team and maximum number of touches is 3.
- Encourage players without the ball to find space - and always try and be open.



Triangle - First touch (15 mins)

Organization

30 x 20 Rectangle - inside create 10 triangles - each cone should be 1 and half yards wide, with two players and 1 ball at each triangle

The aim is try and play two touch (3 if struggling) soccer around the cone and be able to pass back to your teammate

Whenever you receive the ball you must take a touch around a cone before passing it back through a different window.

It is competitive, but we are working together. Switch groups every two minutes.

Coaching Points

1. Players should move back from the triangle so that they can take a good strong touch around the cone - remind them they are only suppose to take two touches
2. We should push our touch out of our feet in the direction we want to go. Using the inside of our foot.
3. Follow the correct passing technique from the previous session.



3v1 - Monkey in the Middle (15 mins)

Organization

30 x 20 Rectangle split into 4 areas.

Inside play 3 v 1, each player in the middle scores points by intercepting the ball, keep each player in the middle for 90 seconds.

Coaching Points

1. Players who are not involved - should be reacting to the pass, can we support the player receiving the ball.
2. Can we push our first touch in the direction we want the ball to go in?
3. Can we play two touch soccer?
4. Quality and control of the touch and pass - is it smooth?



6v2 or 6 v 3 (20 mins)

Organization

Turn the 4 squares into 2, then play 6v2 or 6v3. Have players work in the middle for 90 seconds then switch

Coaching Points

1. If i don't have the ball can we find space?
2. Can I see where the ball is going? - can I then offer support to the player receiving the pass.
3. First touch as the ball is traveling can i find space to push the ball into can i open up my body to the full field - preapring for wat to do next? I should be constantly looking for space.so that my next touch is a pass



Game (10 mins)

Game

encourage possession and positive play

Coaching Points

1. Can we have players taking positive first touches?
2. Can the player receiving the ball open up their body to open field so that they can play forward and prepare for their next decision - whether it be a pass dribble or shoot??

