

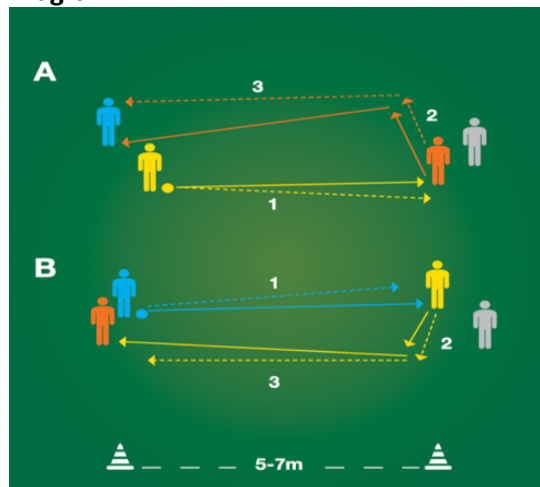
## Session 1 – First Touch

### Skill Introduction – 15 Minutes

#### Organisation/ Explanation

- Players set up in fours to a station as illustrated.
- Distance between players each end 5m-7m.
- First player passes into receiving player who takes first touch away and passes back towards waiting player.
- Once passed is made, players follow their pass.
- Diagram A, Orange player has moved ball to the right from where the yellow player has approached.
- Diagram B, Yellow player has moved the ball to the left from where the blue player has approached.
- Vary distance of pass to increase intensity.
- Add competition ie, how many completed passes in 1 minute both right and left foot.

#### Diagram

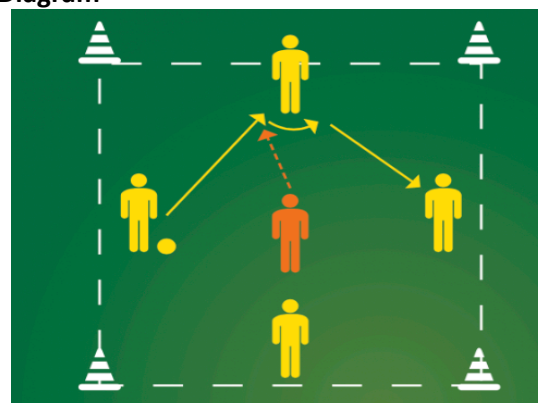


### Skill Training – 25 Minutes

#### Organisation/ Explanation

- Positioning Games with **minimum** of two touches.
- Set up practices with 4v1, 3v1, 4v2 and 5v2.
- Playing Area: 15m x 15m depending on players ability.
- To increase difficulty, reduce size of area.
- Add competition ie, how many completed passes in 1 minute using minimum two touches.

#### Diagram



### Skill Game – 20 Minutes

#### Organisation/ Explanation

- 5v5 game.
- Every player must take two touches when receiving the ball, if not possession is given to opposition.
- Increase difficulty by reducing the size of the playing area.
- Decrease difficult by playing 4v4 + 2 jokers who play on team in possession creating a 6v4.

#### Diagram

