

## Session 2 – First Touch

### Skill Introduction – 15 Minutes

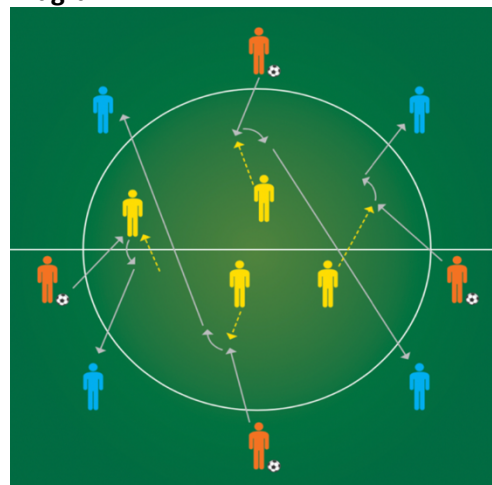
#### Organisation/ Explanation

- Set up with 3 teams of 4 (or more) players with different colour bibs as illustrated in the diagram.
- Yellow team 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 free on the outside of the circle.
- Change roles after 1-2 minutes.

#### Variations

- Only use right / left foot.
- Only use inside / outside foot.
- Serve ball into the playing area to thigh / chest.
- After passing the ball, servers follow their pass to apply passive pressure on player receiving the ball.

#### Diagram

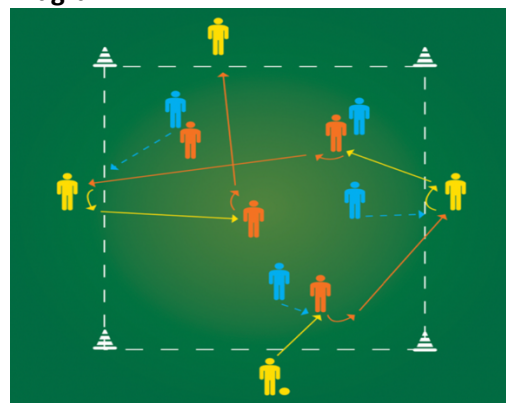


### Skill Training – 25 Minutes

#### Organisation/ Explanation

- 4v4 positioning game with 4 'wall' players.
- Playing Area: 20m x 30m depending on players ability.
- Mandatory 2 touches for all players.
- Encourage players to move the ball with first touch away from defender.
- Encourage players to make an angle when asking for the ball.
- Encourage players to scan before receiving the ball.
- **Step Up:** Reduce grid size.
- **Step Down:** Increase grid size.

#### Diagram



### Skill Game – 20 Minutes

#### Organisation/ Explanation

- 4v4 with 4 'wall' players.
- Playing Area: 20m x 30m with two 2m goals and a 5m-7m 'scoring zone' as illustrated in diagram.
- Mandatory 2 touches for every player.
- 'Wall' players not allowed to stop ball or play to each other.
- Can only score inside the 'scoring zone' with a one touch finish.
- Change teams every 2-3 minutes or after a goal is scored.

#### Diagram

