

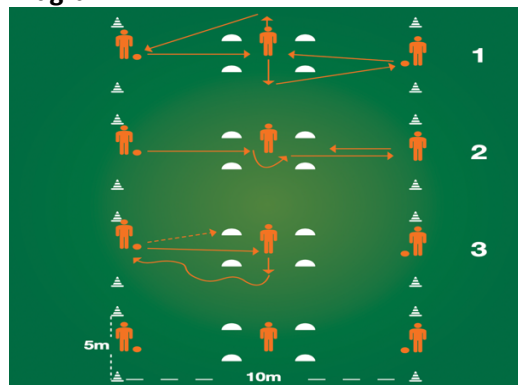
## Session 3 – First Touch

### Skill Introduction – 15 Minutes

#### Organisation/ Explanation

- Players in groups of threes as illustrated.
- Exercise starts with a player on one side passing into the middle player who takes first touch side-ways out of the grid and plays ball back with their second touch.
- Repeat 10 times and swap middle player.
- Variations as illustrated, middle player receives pass and plays out to other side after taking first touch. Player playing the ball follows pass, passively defends one side of the grid to encourage receiving player to take first touch in opposite direction.

#### Diagram

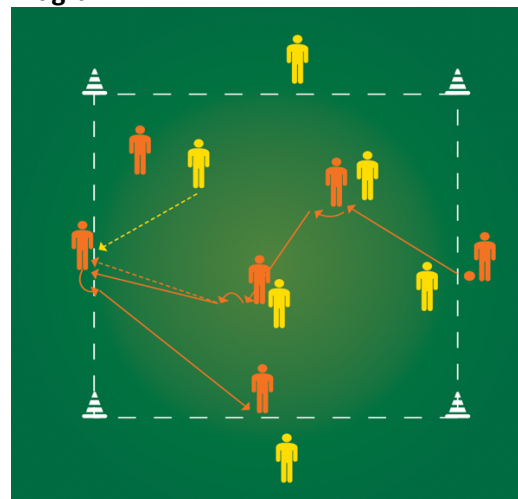


### Skill Training – 25 Minutes

#### Organisation/ Explanation

- Positioning game 4v4 + 2 outside players for each team creating a 6v4 in possession.
- Playing Area: 30m x 30m.
- Mandatory 2 touches for all players.
- If someone passes ball to outside player, the two players then swap positions.
- Get players to move the ball quickly, make angles to receive the ball, position yourself so you can see as much of the field as possible and scan your options before receiving the ball.
- **Step Up:** Reduce grid size.
- Point scored for every complete pass to outside player and successful interchange between player passing the ball and outside player.
- **Step Down:** Increase grid size or add a joker.

#### Diagram



### Skill Game – 20 Minutes

#### Organisation/ Explanation

- 4v4 game.
- Playing Area: 35m x 35m.
- Goal scored by playing a pass through a gate to a team-mate.
- Mandatory 2 touches for all players.
- **Step Up:** Time limit on team in possession scoring a goal or decrease size of the goals.
- **Step Down:** Increase size of goals, add another goal or introduce a joker.

#### Diagram

