

First Touch Session 1

Team/group

Skill Acquisition Phase, 9-12yo

Total duration

Players: 65 min

Goalkeepers: 25 min

WARM UP

Duration: players - 15 min, goalkeepers - 0 min



Individual technique

Ball control

Skill Acquisition, Session 1 Skill Introduction (1st Touch)

(For field players only)

Duration: 15 min

Organisation:

- Players in fours (fives is also fine, and is a way of reducing intensity, if required) with one ball between them.
- 2 pairs facing each other 5m-7m apart.
- The yellow player starts by passing the ball to the orange player and following their pass at speed.
- The orange player uses their first touch to move the ball away from the yellow player, and with the second touch passes to the blue player.
- The orange player follows their pass and jogs to the back of the opposite line.
- In first example, the orange player has moved the ball to the right because the yellow player approached him/her slightly to his/her left side.
- In second example, the yellow player has moved the ball to the left because the blue player approached him/her to his/her right.
- The coach can also direct the passer to follow the pass by running directly at the receiver.
- Therefore the receiver has the option of going left or right, ideally the receiver will fake to move the ball in one direction, and then with his/her first touch move the ball the other way. concluding competition:
- Which group can complete 10 passes first?

Learning:

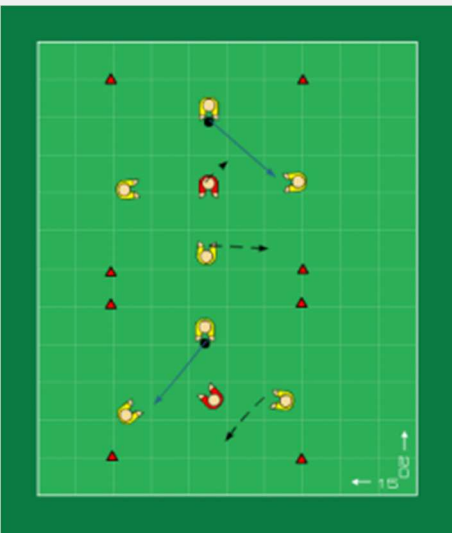
- 1st Touch

Instruction points:

- Take 1st touch into space

MAIN PART

Duration: players - 25 min, goalkeepers - 0 min



Individual technique

Ball control

Skill Acquisition, Session 1 Skill Training (1st Touch),

(For field players only)

Duration: 25 min

Organisation:

- Positioning Games with two touches as a mandatory requirement (i.e. first touch = control the ball, second touch = pass the ball).
- Disallowing a direct pass forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!
- Which positioning game to use depends on the level of the players and ranges from 4 v 1 (easiest), 3 v 1, 5 v 2 and 4 v 2 (most difficult).
- The grid size also depends on the level and capabilities of the players with 15m x 15m as a starting point (15m x 20m for the 5 v 2).
- The coach can make the exercise more challenging for the players by simply decreasing the space or easier by making the grids bigger.

Instruction points:

- Take 1st Touch into space.
- Open body up to receive pass.

First Touch Session 1

FINAL PART

Duration: players - 25 min, goalkeepers - 25 min



Individual technique

Ball control

Skill Acquisition, Session 1 Skill Game (1st Touch),

(For field players and goalkeepers)

Duration: 25 min

Organisation:

- 5 v 5 with the restriction that with every ball contact each player must take two touches.

- Disallowing direct play forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

- The coach can make the game more challenging by simply decreasing the space or more easy by making the field bigger or creating a numerical advantage for the team in possession of the ball by adding a 'joker'.