

CONNECTION BEFORE CONTENT

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

CORE SKILL: **FIRST TOUCH**

ASPECT: **Positive first touch to set up next action**

WHOLE – CONDITIONED GAME

PURPOSE – Get players into a game as soon as they arrive– 20 mins

SET-UP:

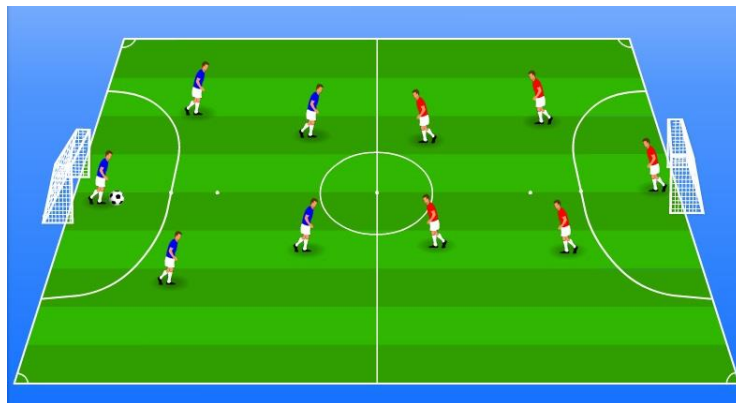
Define a 30m x 25m field

One goal at each end.

Split the players into two even teams

EXERCISE:

1. Allow the players to play a match without interference!
2. We want them to play freely!
3. Observe them, how many touches are they taking? Is their first touch setting them up for their next action?



Questions – Every 5 minutes, stop the game and ask the players - how they think they are playing and what can be improved in relation to their first touch?

PART – 3v3

PURPOSE – Break down the game to work on a core skill – 20mins

SET-UP:

6 players = 1 set up (2 teams)

10 players = 2 set up (2 teams, 3v2s)

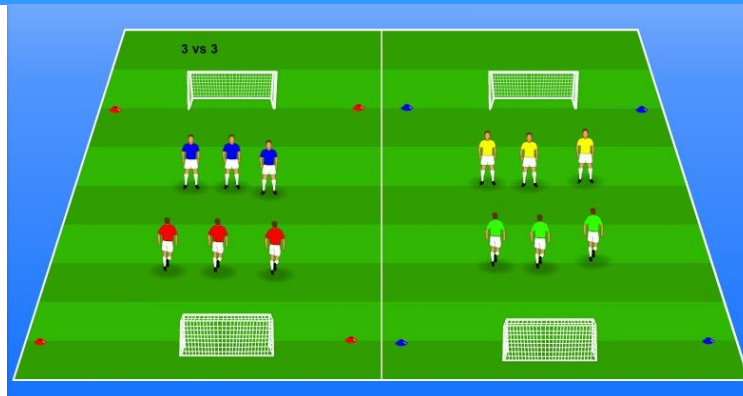
12 players = 2 set ups (4 teams)

One goal at each end of the field

Split players into teams with bibs.

EXERCISE:

1. Red vs Blue, Yellow vs Green
2. Play two mini 3 vs 3 games with goals.
3. Play 5 minute games
4. Rule – **Minimum TWO touch**
5. Ensure each team plays each other for the overall winner
6. Use the breaks in between the games to highlight good player behaviours/actions
Also use this time to make coaching points
7. Encourage and celebrate when someone takes a good first touch



COACHING POINTS:

Players must **SCAN**, to see where there is space, defenders and team mates

Take your first touch;

- Into space
- Away from the defender
- To set up your next action (pass, shot, dribble)

Ensure players have an open body position, seeing the full field

WHOLE – MATCH

PURPOSE – Place the players back into a game! - 20 mins

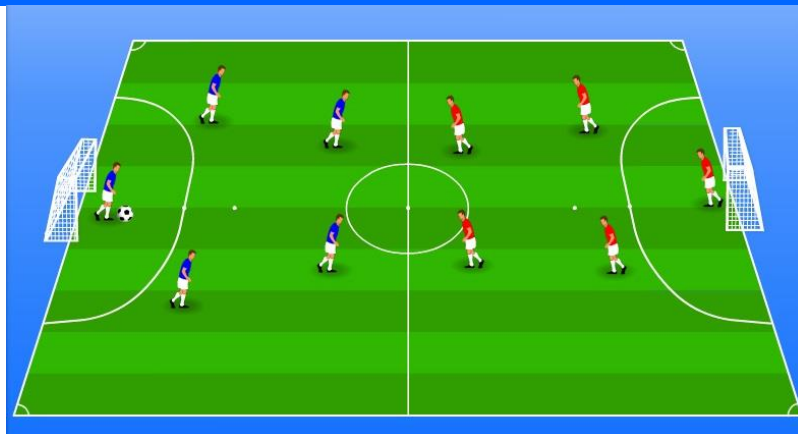
SET UP:

Split players into two teams.

Rule – Players must do a MINIMUM of two touches

EXERCISE:

1. Outline the rule – A minimum of 2 touches for each player.
2. Play this for 5 – 10 minutes. Encouraging players to pass to team mates and support each other
3. For the remaining 10 – 15 minutes, play without restrictions (free play)



REFLECTION:

Did the players improve on their first touch?

Have they thought about where/when/how they take their first touch?

END OF SESSION

WRAP UP:

At the end of the session ask the players what they have enjoyed and learnt from the session

SAFETY:

NO physical contact during sessions and maintain 1.5 metres distance.
NO sharing of bibs and drink bottles. Ensure everyone uses hand sanitiser/washes their hands. Disinfect gear that has been used.
No loitering – all individuals leave immediately

KEY COACHING POINTS

Striking the ball Technique – 3-4 steps for run up, lock ankle when striking the ball, standing foot facing towards target, follow through after contact with the ball.

First Touch – Cushion the ball when controlling it by slightly drawing your foot back upon contact.

First Touch - Can players take their first touch in the direction they want to go, into space and away from defenders?

COACH REFLECTION

What worked/did not work?

What would you do differently next time?