

### 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:**                        **To drive forward in possession**

**PHYSICAL LITERACY:**    **PSYCHOLOGICAL – BRAVERY**

**ARRIVAL ACTIVITY – JUGGLING**

**PURPOSE –** Get the players 'doing' as soon as they arrive.  
**PRACTICE TIME – 5 mins**

**EXERCISE:**

Each player has a ball, completing different juggling types.

**CHALLENGES:**

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Strike – Knee – Catch – See who can do it with both feet
3. Keepy ups - Consecutive juggles without bounces.

3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

**See which players can perform the most Juggles!**

**SKILL INTRODUCTION – PASSING FORWARDS**

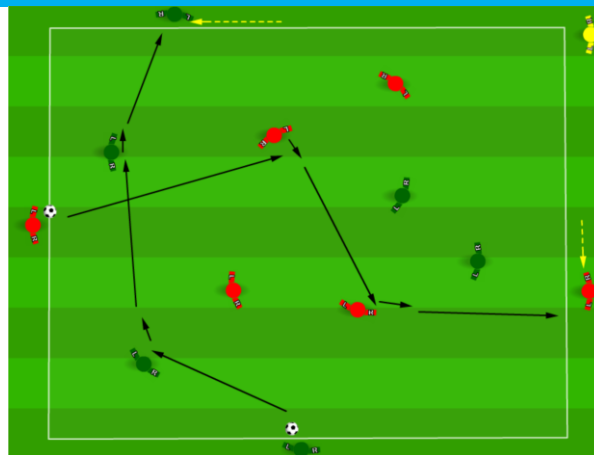
**PURPOSE –** Introduction of the core skill and warm up  
**PRACTICE TIME – 10 mins**

**SET UP:**

Define a 30m x 20m playing area.  
Split the team into two even groups.  
Place two players per group on opposite end lines, as per diagram – these are 'wall players'.

**EXERCISE:**

1. Both the Green and Red teams pass from one of their wall players to the other.
2. All passes must go forward - no square or back passes.
3. See which team can complete the most passes from wall player to wall player in 90 seconds!
4. Award two points to the winning team, swap wall players and play another round!



**PROGRESSIONS:**

5. Must take at least three passes to get to the other side.
6. Two touches only (1 touch then pass)
7. Wall Players take a positive touch into the area and are replaced by a teammate (does not have to be the player that passed the ball)
8. Nominate 1 Green and 1 Red player to be an active defender to try and win possession. Each time they intercept/win the ball they receive 3 points for their team!

**COACHING POINTS:**

*Physical* - Encourage players to play quick passes.  
*Psychological* - Motivate players to be brave to take positive first touches and play forward passes.  
*Social* – Encourage players to communicate to each other descriptively.

**Maintain competition element throughout.**

### FIRST TOUCH TECHNICAL POINTS:

Body shape open and facing forward when receiving the ball – to see the field.

Scan to see where there is space, defenders and forward passing options.

Look to take first touch:

- Into space, to set up next action (pass, dribble, shoot)
- Forward
- Away from defenders

Take first touch with 'backfoot' - furthest foot from the ball

**Supporting Players:**

Quality passes to teammates to enable an effective first touch forward.

Players in attacking positions off the ball, positioned to receive the ball in space.

Create space for the player on the ball through providing width & depth.

Can you **C . H . A . N . G . E . I . T**

### SKILL TRAINING – END ZONE

PURPOSE – Repetition of game like scenario

PRACTICE TIME – 15 mins

**SET UP:**

Within defined area, split the area into 5 horizontal zones.  
Three Middle Zones + Two End Zones.  
Split the players up as follows and place them as per diagram:  
7 Green players and 5 Red players.

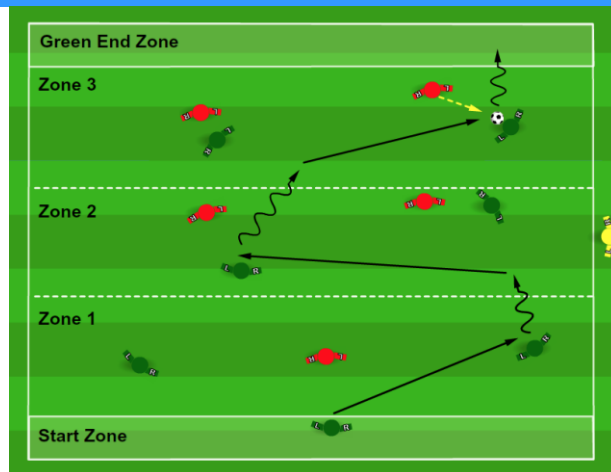
**EXERCISE:**

1. The ball starts with the Green player in the 'start zone', who passes the ball into their teammates in Zone 1.
2. The Green team (attackers) must try and move the ball into the End Zone, receiving two points.
3. The Green team can only progress to the next zone by running with the ball, creating an overload. They cannot pass across zones.
4. Red players are restricted to their zone. However, if they win the ball, they can move freely. If Red pass the ball to the Green player in the Start Zone, they receive 3 points.
5. If the ball goes out, it restarts from the start zone.

**PROGRESSIONS:**

6. Rotate players to ensure equal time in attack / defence.
7. Play cannot go back to the previous zone, must go forward.
8. One Red player can move into the next zone when beaten.
9. When Red win the ball and successfully pass to the start zone, they swap with the green team.

**Maintain competition element throughout!**



**COACHING POINTS:**

*Psychological* – Encourage players to be positive, brave and attacking minded with their actions.  
*Psychological* – Reward players with bonus points for effective, positive first touches.

**See Technical Points section.**

Support the player on the ball with options – Left, Middle, Right.  
Stand in a position to take your first touch past the defender.

### SKILL GAME – CONDITIONED MATCH

PURPOSE – Small Sided Games with a focus on the core skill

PRACTICE TIME - 25 mins

**SET UP:**

Split players into two teams. If there is an uneven number use joker.  
Define a halfway line.

**EXERCISE:**

1. 5v5 + 2 Goalkeepers
2. Condition – Once a team has possession in their attacking half, they cannot go back into their defensive half.
3. Play this for 5 – 10 minutes.
4. **Optional condition:** Limit players to 2-3 touches max.
5. Free play for the remaining 10 – 15 minutes of the match (no restrictions)

**COACH OBSERVATION:**

Are players brave in taking positive first touches?  
Do players take their first touch into space and away from defenders?  
Were more goal scoring opportunities created during the match?



**END OF SESSION WRAP UP– Conduct a Q & A with your players to test their learning!**

What they enjoyed the most?  
What they have learnt from the session?

Tell the team and individuals what they did well

**COACH REFLECTION**

What did the players enjoy?  
What worked/did not work?

What would you do differently next time?