

#### 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:

Set up mini fields that are 20m x 10m in size.

8 players = 2 mini fields (2v2s)

10 players = 2 mini fields (3v2s)

12 players = 3 mini fields (2v2s)

Place a goal (or two cones as a goal) at each end.

Split the players into pairs.

If you have 10 players, play 3 vs 2.

##### EXERCISE:

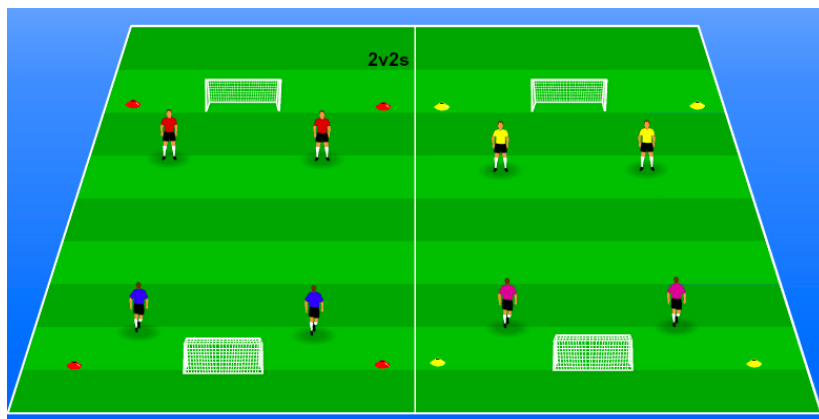
1. Organise two pairs per field. They will vs each other
2. Pair vs Pair. Trying to score into the goals/cone gates
3. Run each game for 4 minutes.
4. Swap pairs and continue to let them play!
5. After all teams have vs each other, announce the winner!
6. Ensure pairs are even, swap pairs if they are not!

##### COACH TIPS:

Organise players quickly by sending two players to stand by the goals on each field.

Once they are there, throw a ball in and let them play!

Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.



##### PROGRESSION

7. 3 touch maximum

##### 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

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

#### WHOLE – MATCH

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

#### SET UP:

Split players into two teams.

Rule – Players can only take a maximum of 3 touches.

#### EXERCISE:

1. Outline the rule – A maximum of 3 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 – Perform a Q & A with the players to test their learning!

#### WRAP UP:

At the end of the session ask the players:

What they enjoyed the most?

What they learnt from the session?

Tell the team and individuals what they did well

#### 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 did the players enjoy?

What worked/did not work?

What would you do differently next time?

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