

Description

Session Objective

- Provide players the opportunity to take their first touch forward effectively when receiving passes from a teammate

Part 1 (15 mins)

Organisation

- 20m x 20m area
- Balls

Explanation

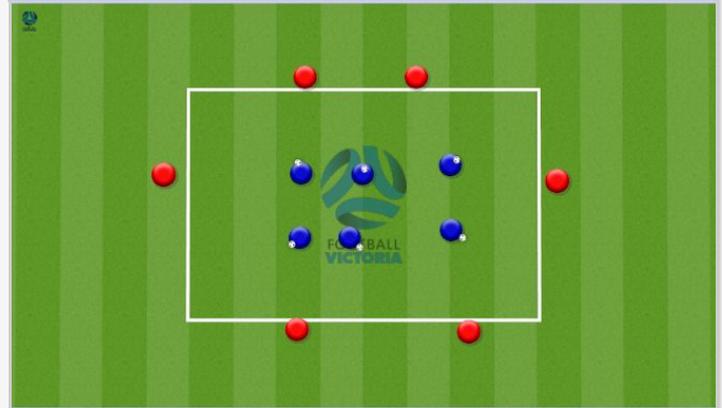
- Half of the players on inside of grid with a ball
- Half of the players on outside of grid without a ball
- Players in middle with ball dribble with ball then play a 1-2 with a bouncer on the outside
- When player receives the pass back, take first touch toward a different bouncer and play another pass
- Continue for 90 seconds, then swap roles of inside and outside players

Progressions

- Bouncers must take 2 touches
- Limit players on inside to 4 touches to get the ball to their next bouncer
 - Encourages good quality first touch

Coaching Points

- **Positioning** to receive the ball in space
- **Scanning** to be aware of what is around you (space, other players, next pass)
- **Pass quality** to the **back foot** of player receiving
- **Open body shape** to receive the pass on the **back foot**
- **Weight and direction** of first touch to keep in control but towards your next target



Part 2 (15 mins)

Organisation

- 15m (long) x 10m (wide) area
- Balls
- 3 colour bibs

Explanation

- 2v2+2 game
- 2 teams of 2 playing against each other, team in possession can use bouncers on the ends to make 4v2
- Team scores a point every time they transfer the ball from one end to the other
- Bouncers cannot play to each other
- Rotate 1 team out every 2 minutes



Progressions

- Make area bigger (step down) or smaller (step up)
- Provide a touch limit on the inside (2-3) to encourage their first touch to go forward

Coaching Points

- **Positioning** to receive the ball in space
- **Scanning** to be aware of what is around you (space, other players, next pass)
- **Pass quality** to the **back foot** of player receiving
- **Open body shape** to receive the pass on the **back foot**
- **Weight and direction** of first touch to keep in control but towards your next target

Part 3 (15 mins)

Organisation

- 30m x 20m area (split into 3 thirds)
- Balls
- Bibs
- Goals

Explanation

- 5v5 game (plus GKs if you have them)
- Both teams to play a 2-2-1 shape with players only allowed in their zones as shown
- Player can only join the next zone by taking first touch forward into it
- Defenders can not defend outside of their zone



Progressions

- Change players positions around so they get opportunity to practice in different zones
- Adjust numbers based on your session (always try to have +1 in Defensive Zone)

Coaching Points

- **Positioning** to receive the ball in space
- **Scanning** to be aware of what is around you (space, other players, next pass)
- **Pass quality** to the **back foot** of player receiving
- **Open body shape** to receive the pass on the **back foot**
- **Weight and direction** of first touch to keep in control but towards your next target

Part 4 (15 mins)

Organisation

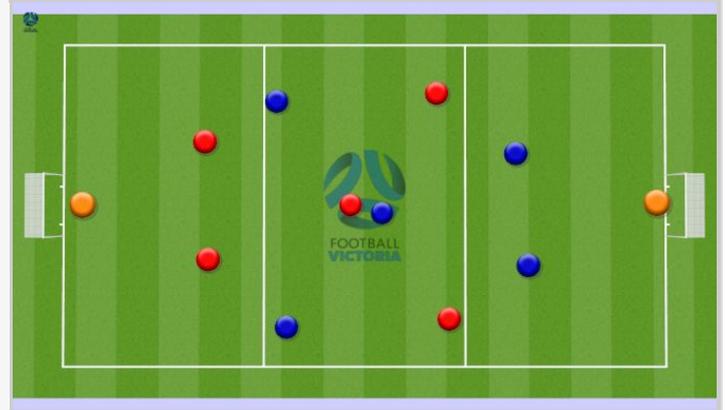
- 30m x 20m area (remove thirds)
- Balls
- Bibs
- Cones

Explanation

- 6v6 game (include GKs if you have them)
- Free game - normal rules

Coaching Points

- Observe behaviour
- Encourage good moments
- Coach on the run



Coaching Practice Review and Reflection

Session Evaluation:

-

Coach Reflection:

-