



## Description

### Session Objective

- Provide players with opportunities to improve their first touch, particularly when under pressure from a defender

## Part 1 (10 mins)

### Organisation

- 20m x 20m area
- Balls

### Explanation

- All players in the grid looking to receive and play passes inside the grid
- Start the practice with 3 balls to be shared around amongst 12 players
- All players must take a minimum of 2 touches
- Encourage player that plays the pass to press the player they are passing to
  - Forces player receiving pass to take a touch away from pressure

### Progressions

- Make area smaller (tighter area)

### Coaching Points

- **Scanning** to see what defenders and space is around you
- **Pass quality** to challenge the first touch of player receiving pass
- **Weight of first touch** to take the ball away from the defender, but not too far to lose control
- **Direction of first touch** into space and towards your next pass
- **Pressure on the ball** after the player plays a pass to teammate



## Part 2 (15 mins)

### Organisation

- 20m x 20m area
- Balls
- Bibs

### Explanation

- 3 teams of 4 (1 team as bouncers on outside)
- 4v4 possession game in the middle, team in possession can use bouncers to keep the ball
- Every player on a minimum 2 touches
- Bouncers can't play a pass to another bouncer
- 3 minute game, rotate team on the outside

### Progressions

- Winner stays on, loser becomes bouncers
- Give every player a direct opponent (can only tackle/be tackled by opponent)

### Coaching Points

- **Scanning** to see what defenders and space is around you
- **Pass quality** to challenge the first touch of player receiving pass
- **Weight of first touch** to take the ball away from the defender, but not too far to lose control
- **Direction of first touch** into space and towards your next pass
- **Pressure on the ball** by closest defender



## Part 3 (20 mins)

### Organisation

- 30m x 20m area
- Balls
- Bibs
- Goals

### Explanation

- 5v5+2 game
- 2 bouncers on the wings play with team in possession
- Teams to set up in 2-1-2 shape (should allow for 1v1s across the pitch)
- All players have minimum 2 touches
- Bouncers cannot score, and cannot play to each other
- Rotate wide bouncers every 2-3 minutes

### Progressions

- Give every player a direct opponent (can only tackle/be tackled by opponent)

### Coaching Points

- **Scanning** to see what defenders and space is around you
- **Pass quality** to challenge the first touch of player receiving pass
- **Weight of first touch** to take the ball away from the defender, but not too far to lose control
- **Direction of first touch** into space and towards your next pass
- **Pressure on the ball** by closest defender



## Part 4 (20 mins)

### Organisation

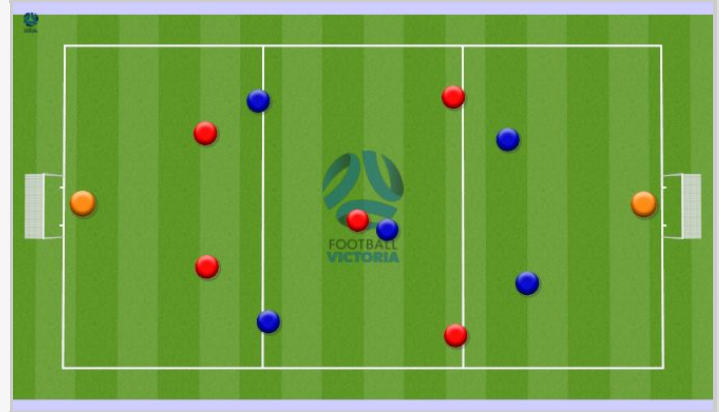
- 30m x 20m area
- Balls
- Bibs
- Goals

### Explanation

- 6v6 game (including GKs)
- Free game - normal football rules

### Coaching Points

- Observe behaviour
- Coach on the run



## Coaching Practice Review and Reflection

### Session Evaluation:

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### Coach Reflection:

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