



Description

Session Objective

- Improve players' ability to set up next action with their first touch

Part 1 (10 mins)

Organisation

- 2-6 mini tennis courts (using cones as the net)

Explanation

- Players in pairs playing football tennis against another pair
- To score a point, play a pass between the net to the opposite side of the court, without the opposition being able to return it
- Ball must go through the net, and must be on the ground
- Team has a minimum of 2 and maximum of 3 combined touches to get the ball back
- Alternate servers every point
- 2 minute games, rotate opponents every 2 minutes



Progressions

- Size of the games
- Play either 1v1 or 3v3 games

Coaching Points

- **Weight of first touch** to set up a 1st touch pass for your partners, or a 2nd touch pass for yourself
- **Direction of first touch** - slightly in front to maintain forward momentum
- Encourage players to **take first touch out of their feet**

Part 2 (10 mins)

Organisation

- 3x 15m x 8m grids
- 4 players per grid (teams of 2)
- Side gates (orange cones) on either side of each grid

Explanation

- 4 players split into 2 teams facing their teammate diagonally opposite on the end
- Game begins with a pass from one player to their teammate
- As the ball is played, the defender (ball side) enters the grid to create a 1v1
- Attacker receives 2 points for dribbling ball through either side gate
- Defender receives 1 point if they win the ball and dribble through a side gate
- Swap roles each turn



Progressions

- Attacker and defender to start further apart (step down)
- Attacker and defender to start closer (step up)

Coaching Points

- **Scan for pressure** from the defender - where are they approaching from?
- **Scan for space** that may be available - where can I go?
- **Weight and direction** of first touch to set up next action based on the defender and the space available

Part 3 (15 mins)

Organisation

- All players
- Pitch roughly 20m x 15m

Explanation

- Split players into 2 teams and position them beside side gates
- Include GKs if you have them available (or rotate players in)
- GK starts the game, by passing left to their team mate
- As the ball travels, defender from opposite gate can join the grid
- Attacking player takes touch into the grid and creates a 1v1 duel
- Rotate attack each time



Scoring System

- 1 point for a goal, 1 point for GK for every save made
- 2 points for a goal scored after taking first touch forward
- 3 points for a defender to win the ball and score in opposite goal

Progressions

- 2v1 or 2v2 duels
- Change starting angles and distances

Coaching Points

- **Scan for pressure** from the defender - where are they approaching from?
- **Scan for space** that may be available - where can I go?
- **Weight and direction** of first touch to set up next action based on the defender and space available

Part 4 (15 mins)

Organisation

- All players
- Pitch roughly 30m x 20m

Explanation

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

Progressions

- Small Sided Game (2x 3v3 in smaller space)

Coaching Points

- Observe behaviour
- Let the kids play

