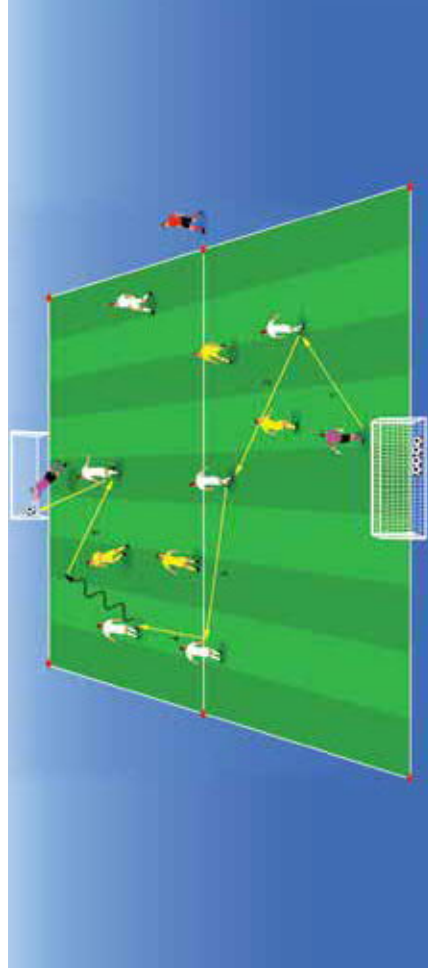


FIRST TOUCH

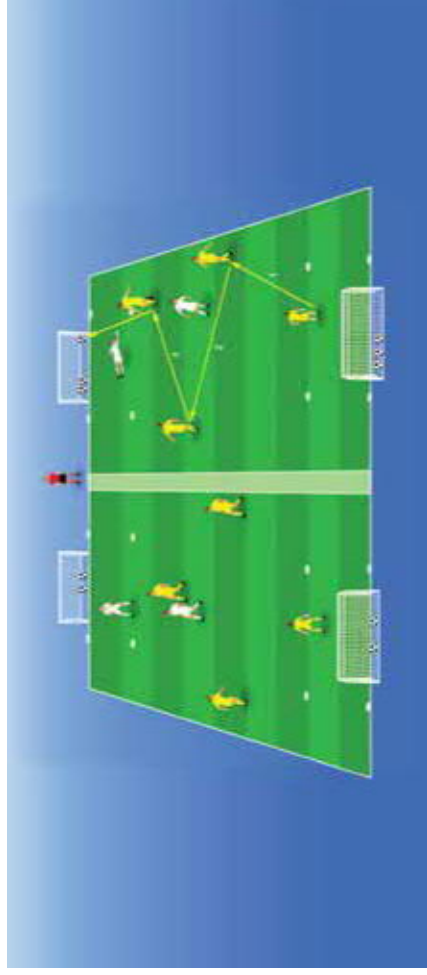
15-20
MINUTES

Evaluation Phase: Free Game

Receiving | Pressure



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Created using SoccerTutor.com Tactics Manager

Suggested equipment list:

- 30 cones, 8 portable poles, 12 balls, string, 2-4 portable goals, 2 sets of bibs

Grid size:

- Create a 30 x 40 metre game (guide only)

Explanation:

- Option to return to original recognition game (top picture) OR
- Divide squad into 4 equal teams. E.g. 2 games of 4v2 for a squad of 12
- Teams to play normal football rules
- To maximise game time, there is the option for the goalkeeper with the overload of players to start/re-start play (place balls near his/her goal)

Scoring system:

- The game is FREE of any restrictions or incentives; all goals worth 1 point

Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Equal number of players per team

Rotation:

- Rotate teams and roles of attackers, defenders and goalkeepers

Key Coaching Points: (refer to pages 68 and 69 for definitions)

Attackers

- Available
- Scan
- Away

Defenders

- Press
- Challenge
- Fast-break