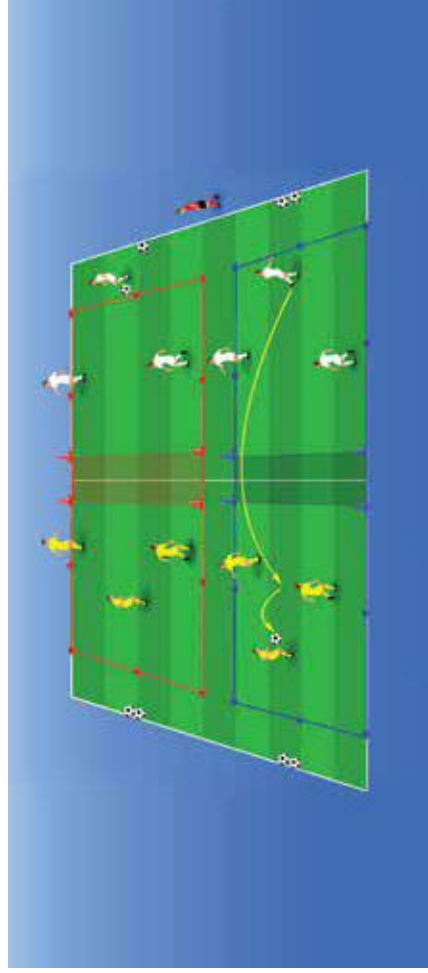


FIRST TOUCH

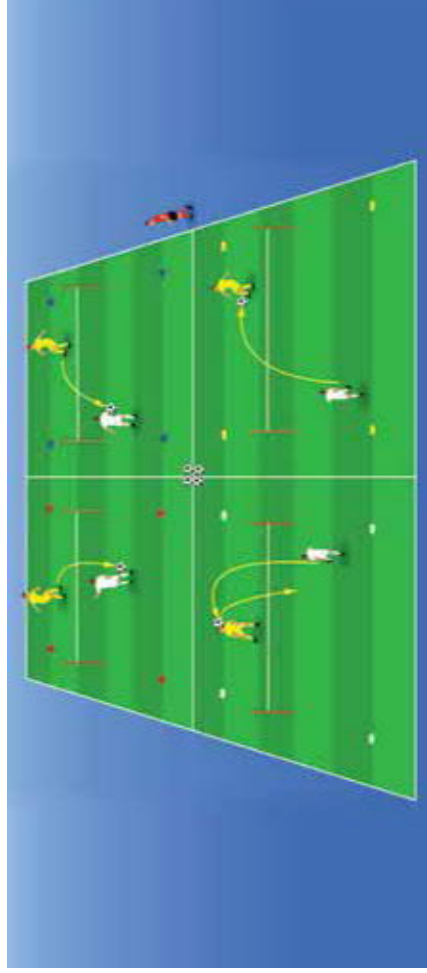
5-10
MINUTES

Functional Activity: Foot-volleyball

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 two foot-volleyball grids (size based on ability levels)
- Create a 'net' using cones or poles (top picture)

Explanation:

- Divide players into teams of three (guide only)
- This is a game with volleyball rules
- Play starts with a volley from behind the base-line (closer for lower ability)
- Teams allowed 3 touches and only 1 bounce to get ball over (guide only)

Scoring system:

- Volleyball rules- first to 10 points wins the game

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

- Change number of touches and bounces to cater for your players' abilities
- Juggle in pairs over the net (bottom picture; use poles with string)
- Co-operative game- longest rally between pairs or teams

Rotation:

- Swap opponent/s every 2 minutes (guide only)

Key Coaching Points:

- Encourage players to use all parts of their body: foot, thigh, head, chest
- Praise well controlled first touches
- Encourage teams to combine using well weighted first touches