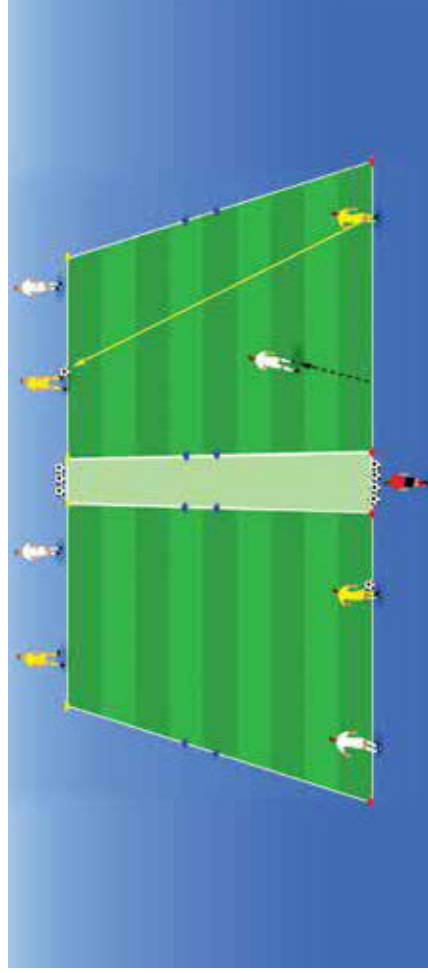


# FIRST TOUCH

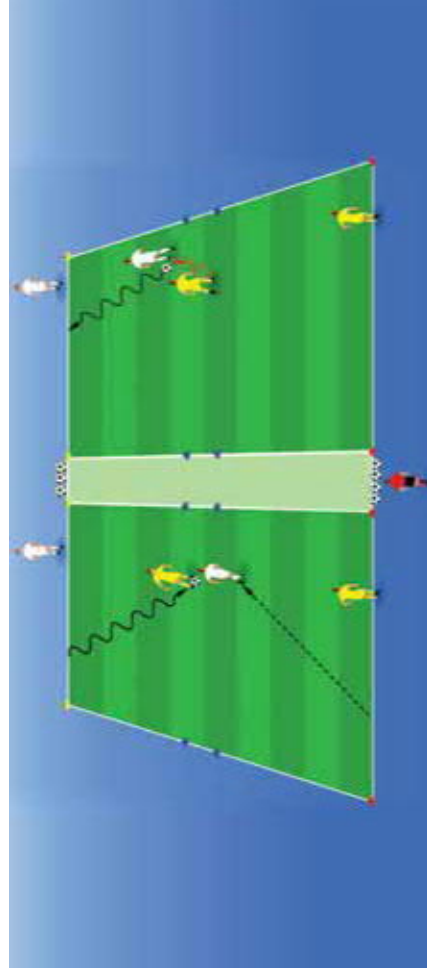
**5-10**  
**MINUTES**  
Recommended

## Intervention: Skill Breakdown (Defending)

### Pressure



Created using SoccerTutor.com Tactics Manager



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 15 x 7 metre grids with 2 small side gates as shown (guide only)

### Explanation:

- Position 4 players per grid in two teams, with one player from each team on opposing ends (top picture)
- Game starts when yellow player passes to his/her team-mate
- As the pass is played, the white defender from the side the ball is played is allowed to enter the grid to defend in a 1v1 duel

### Scoring system for the defender:

- 2 points for winning the ball and dribbling to any side-gate or attacker's starting line

### Scoring system for attacker:

- 1 point for dribbling the ball to any side gate

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

- Swap roles of attacker and defender regularly
- Attacker and defender to start from different angles and distances

### Key Coaching Questions:

- **Pre-action:** Can you apply immediate pressure on the ball carrier? Can you arrive on touch?
- **Action:** Can you win the ball when a heavy touch is taken?
- **Post-action:** Are you able to counter-attack with speed?

### Key Coaching Words:

- **Press** - encourage defender to apply immediate pressure on ball carrier
- **Challenge** - encourage a challenge for the ball when a heavy touch is taken
- **Fast-break** - encourage counter-attack with speed