

FIRST TOUCH

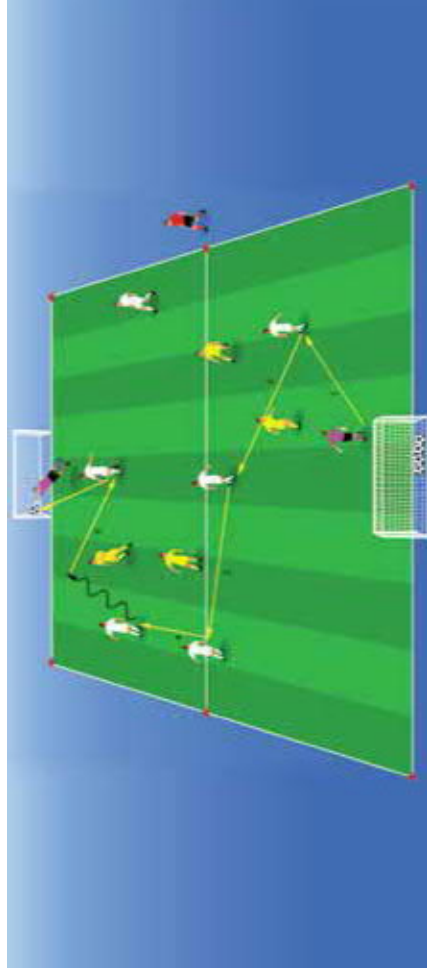
10
MINUTES

Recognition Phase: Game

Receiving | Pressure



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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:

- Divide squad into 2 teams: 6 + GK versus 4 + GK for a squad of 12
- Teams to play normal game rules for the first five minutes
- To maximise game time, there is the option for the goalkeeper (white) with the overload of players to start/re-start play (place balls near his/her goal)

Scoring system:

- Regular rules for first five minutes; all goals worth 1 point
- After 5 minutes, reward 3 points for a goal scored by white team after five successful passes. This 'incentive' maximises first touch practice attempts
- The yellow team get 2 goals for scoring a goal after they win it back

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

- Reduce/increase number of passes for bonus points

Rotation:

- Rotate roles of attacking and defending players (guide only)
- Rotate roles of the two goalkeepers after 5 minutes

Key Coaching Points:

- Encourage players to take their first touch 'on the move' toward the goal
- Praise well controlled first touches that set up their next action
- Encourage players to take their first touch 'out of their feet'