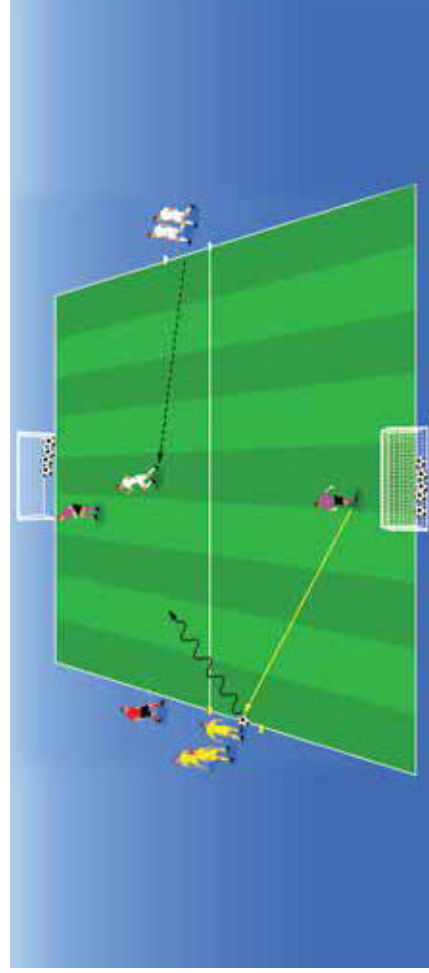


# FIRST TOUCH

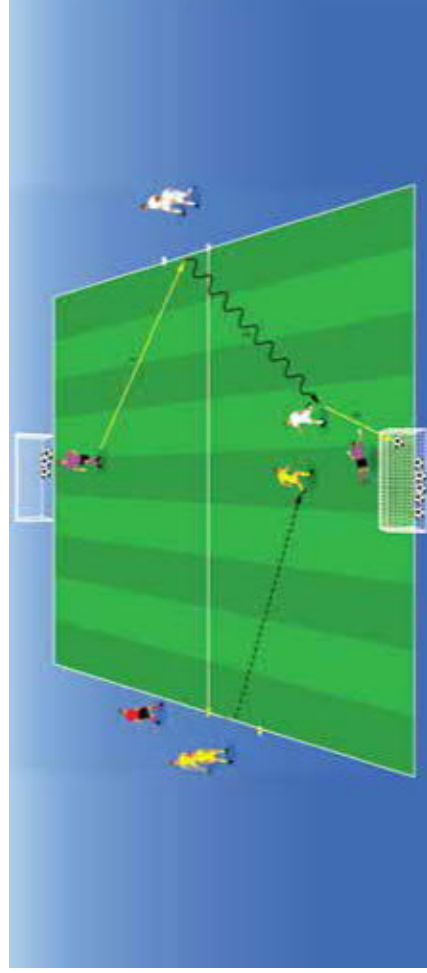
15-20  
MINUTES

## Application: Mini-Games

Receiving | 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 20 metre grid with goals on each end (guide only)

### Explanation:

- Split participants into 2 equal teams and position them behind each side-gate as shown. Each team has a goalkeeper that protects their goal
- GK starts the game by passing to their team-mate on the left side-gate and aims to score a goal against the opposition GK
- As the ball is travelling, the defender is allowed to exit the other side-gate to apply pressure on the attacker
- If defender wins the ball, he/she can attack the opposite goal to score
- Next ball is played by other GK after each attempt. Repeat sequence
- GK may be used to support the attacker to create 2v1 overload

### Scoring system:

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

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

- 2v1 duels or 2v2 duels
- Attacker and defender start from different angles and distances

### Key Coaching Points:

- See Key Coaching Questions & Key Coaching Words on pages 68 and 69