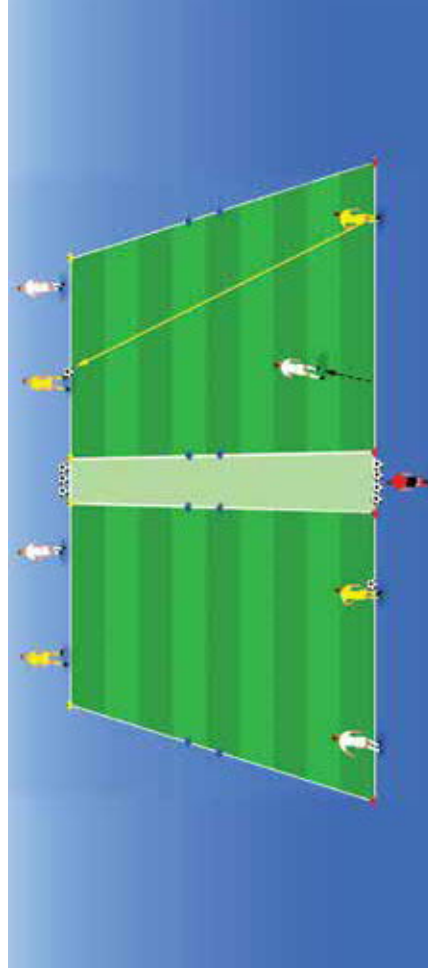


FIRST TOUCH

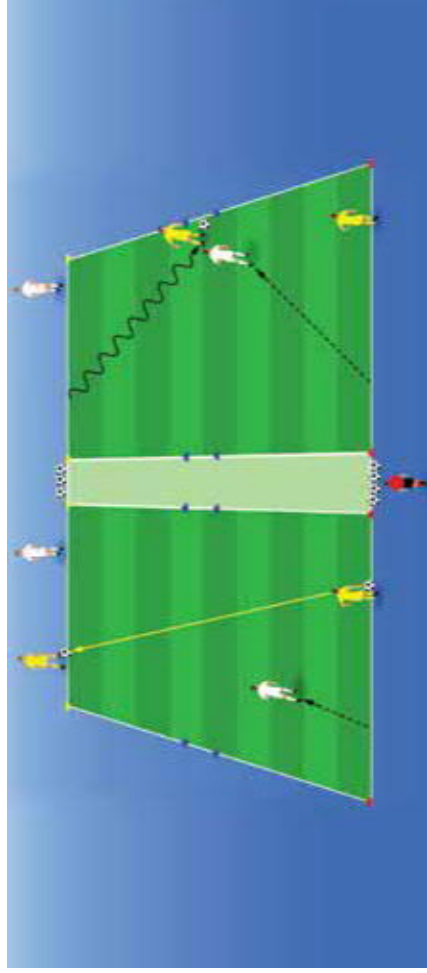
5-10
MINUTES
Recommended

Intervention: Skill Breakdown (Attacking)

Receiving



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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 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 in is allowed to enter the grid to defend in a 1v1 duel

Scoring system for attacker:

- 2 points for dribbling the ball to any side gate

Scoring system for the defender:

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

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 move towards the ball? Can you keep your head up to see your opponent?
- **Action:** Are you able to control the ball into the space away from the defender?
- **Post-action:** Can you push the ball in direction of next movement?

Key Coaching Words:

- **Available** - encourage moving towards the ball
- **Scan** - encourage players to keep head up with vision on opponent
- **Away** - encourage players to control the ball away from defender/s reach