

## IMPROVING FIRST TOUCH & PASSING SKILLS



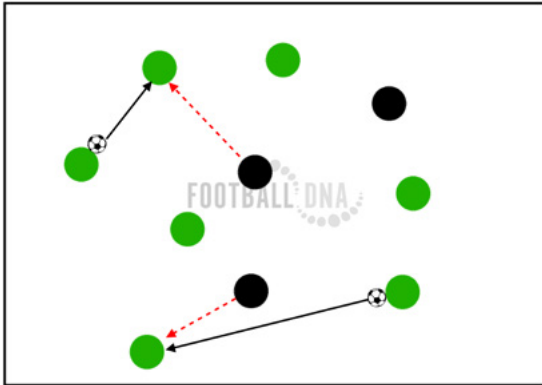
**SESSION OBJECTIVE:** To develop players fundamental receiving skills to pass the ball.

**COACH:** Paul Barry

**DURATION:** 60 Minutes

**EQUIPMENT:** Footballs, Cones, Bibs, 2 Goals, 6 - 10 Players & 2 GK's

### BALL TAG FUN MOVEMENT GAME



**OVERVIEW:** This is a warm-up game in which players take part with a set number of taggers (2-3 works well) and 2 players holding footballs. The taggers look to tag any of the runners by touching their shoulder or back. If a player gets tagged, they crouch down and wait for a team-mate to leap-frog over them, releasing them back into the game. Whichever 2 players are holding a football prevents them from being tagged. The objective is for players to identify who is about to be tagged and throw them the ball which protects them. Taggers get a point for each successful tag. Runners receive a point for each team-mate they release with a leap-frog. Play for a set time (2-3 minutes) and swap the taggers over.

**COACHING POINTS:** Quick Movement, Scanning & Awareness, Passing

**PROGRESSIONS:** - The players now pass the ball with their feet instead of throwing and catching.

- Add more taggers to increase the level of challenge.

- Decrease the size of the playing area to reduce space for the runners.

**REGRESSION:** - Increase the size of the playing area to allow more space for the runners.

### THE ELIMINATOR 1 V 1 PRACTICE



**OVERVIEW:** This practice takes place in an area approximately 30 yards x 15 yards. There is a goal at each end with a goalkeeper and 2 groups of players positioned on opposite sides of the playing area who play at the same time. To start the practice, a player passes the ball into the receiver who is stood beside the middle cone. After their pass, this player then presses the receiver who needs to receive with a positive first touch away from pressure and decide which goal to attack and try to score in. If the defender wins the ball, they should look to counter-attack and score in the opposite goal. After each 1 v 1 is over, the defender becomes the next attacker, the attacker heads back to await their next turn and the practice repeats.

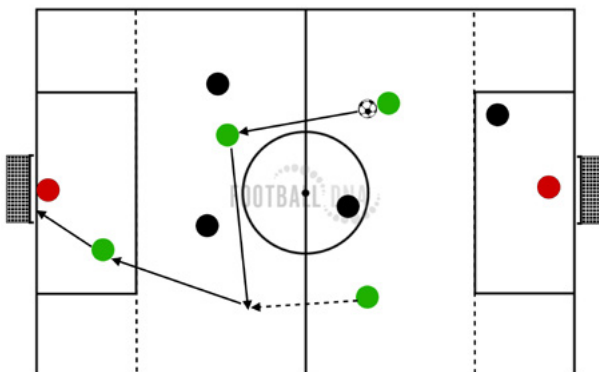
**COACHING POINTS:** High Ball Speed Pass, Eyes Up, Receiving Touch

**PROGRESSIONS:** - Allow the attacker to turn and change direction to try and score in the opposite goal which means having to beat their opponent a second time.

- The pressing player starts closer to the attacker meaning that they can apply pressure earlier.

**REGRESSION:** - Increase the size of the playing area to give the attackers more time and space to work on their receiving touch.

### HIT THE TARGET TEAMWORK GAME



**OVERVIEW:** This practice takes place in an area approximately 40 yards by 25 yards. The game is 5 v 5 with a goal at each end with a Goalkeeper, and an end zone in which a target player is positioned. The game takes place in the central area with a 3 v 3, with only the target player allowed in the end zone initially. Goals scored from the central area are worth 1 but if teams can score a goal by using their target player, the goal is worth 2. This may be a pass into the target who turns and scores or, the player passing into the target can move forwards into the end zone, receive back and score with a first-time finish.

**COACHING POINTS:** High Ball Speed Passing, Receiving Body Shape, First Touch

**PROGRESSIONS:** - Allow a defender in the end zone to mark the target player.

- Add a constraint that only first time passes into the target are allowed.

**REGRESSION:** - Increase the size of the central playing area to allow players more time and space.