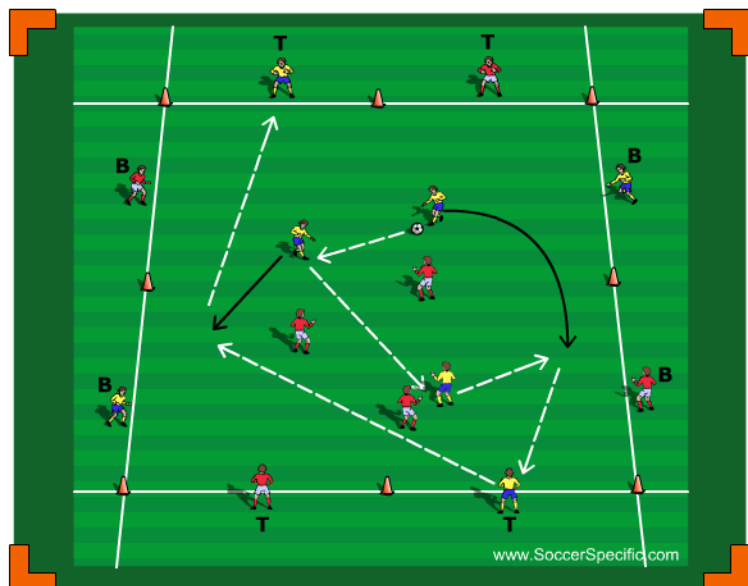


ACTIVITY #1

Set up: Developing a Good First Touch-Warm up
Groups of 4 in 20x15 Area

Instructions: A) Pass and Move 2-Touch. Every time a player passes the ball they must go and touch a cone.
B) Pass and Move 2-Touch. Receive ball taking a touch with the inside or outside of the foot across the body.
C) Pass and Move 2-Touch. Receive ball taking a touch with the inside of the foot opening up hips.
D) Pass and Move 2-Touch. Receive the ball with any part of the foot adding some disguise.

Coaching Points: -Over hit the pass
-Decision of which surface to use with your first touch
-Direction of your first touch
-Distance of your first touch
-Disguise of your first touch

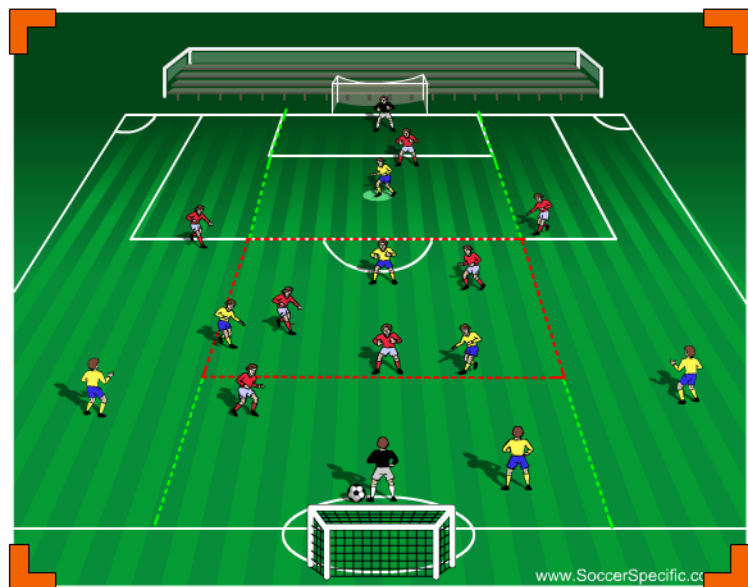


ACTIVITY #2

Set up: First touch-3v3 to 2 Targets (T)+(2) Bumpers (B)
Area 60x40

Instructions: Variation 1) To score a point a team must play consecutively to one (T) and then other (T) and Keep Possession of the ball. If possession is lost in between playing one (T) and the other (T) they must start over. (T) may not play (B) or vice versa. Variation 2) Same rules apply but whenever a player plays to (T) they must change places with that player. Variation 3) Same rules apply but whenever a player plays to (T) or (B) they change places with that player.

Coaching Points: -Decision of which surface to use on your first touch
-Direction of first touch
-Distance of first touch
-Disguise of first touch
-Awareness
-Body shape



ACTIVITY #3

Set up: First Touch-8v8 Game in a 3-2-1-1 Formation
Area-Center Circle to Goal

Instructions: Play 8v8 with Gridline restrictions. In the area bordered by green and red when attacking and ball is in your defensive 1/3 touches are limited to 4-5 touches. In the area bordered by all red, players are restricted to 2-3 touches. In the attacking 1/3 of the field and in areas with no lines touch is unlimited. After 5-10 minutes play with no touch restrictions.

Coaching Points: -Play quickly to give player more time to take a good first touch
-Decision on what surface for your first touch
-Direction of first touch
-Distance of first touch
-Disguise of first touch
-Awareness
-Body position
-Decision whether to play 1-touch or take a first touch