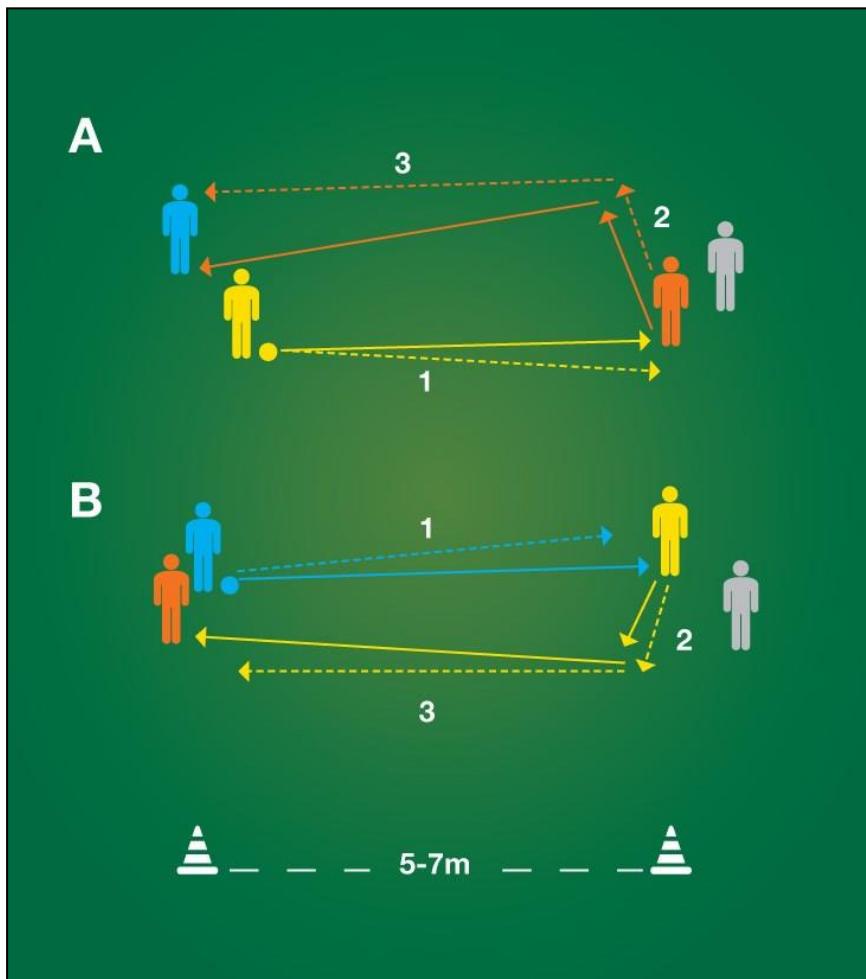


SAP_First Touch Session 1

Skill Introduction (15 – 20 minutes)



Players in fours (fives is also fine, and is a way of reducing intensity, if required) with one ball between them. 2 pairs facing each other 5m-7m apart (perhaps up to 10m apart). The yellow player starts by passing the ball to the orange player and following their pass at speed.

The orange player uses their first touch to move the ball away from the yellow player, and with the second touch passes to the blue player. The orange player follows their pass and jogs to the back of the opposite line.

In example A, the orange player has moved the ball to the right because the yellow player approached him/her slightly to his/her left side.

In example B, the yellow player has moved the ball to the left because the blue player approached him/her to his/her right.

The coach can also direct the passer to follow the pass by running directly at the receiver. Therefore the receiver has the option of going left or right, ideally the receiver will fake to move the ball in one direction, and then with his/her first touch move the ball the other way.

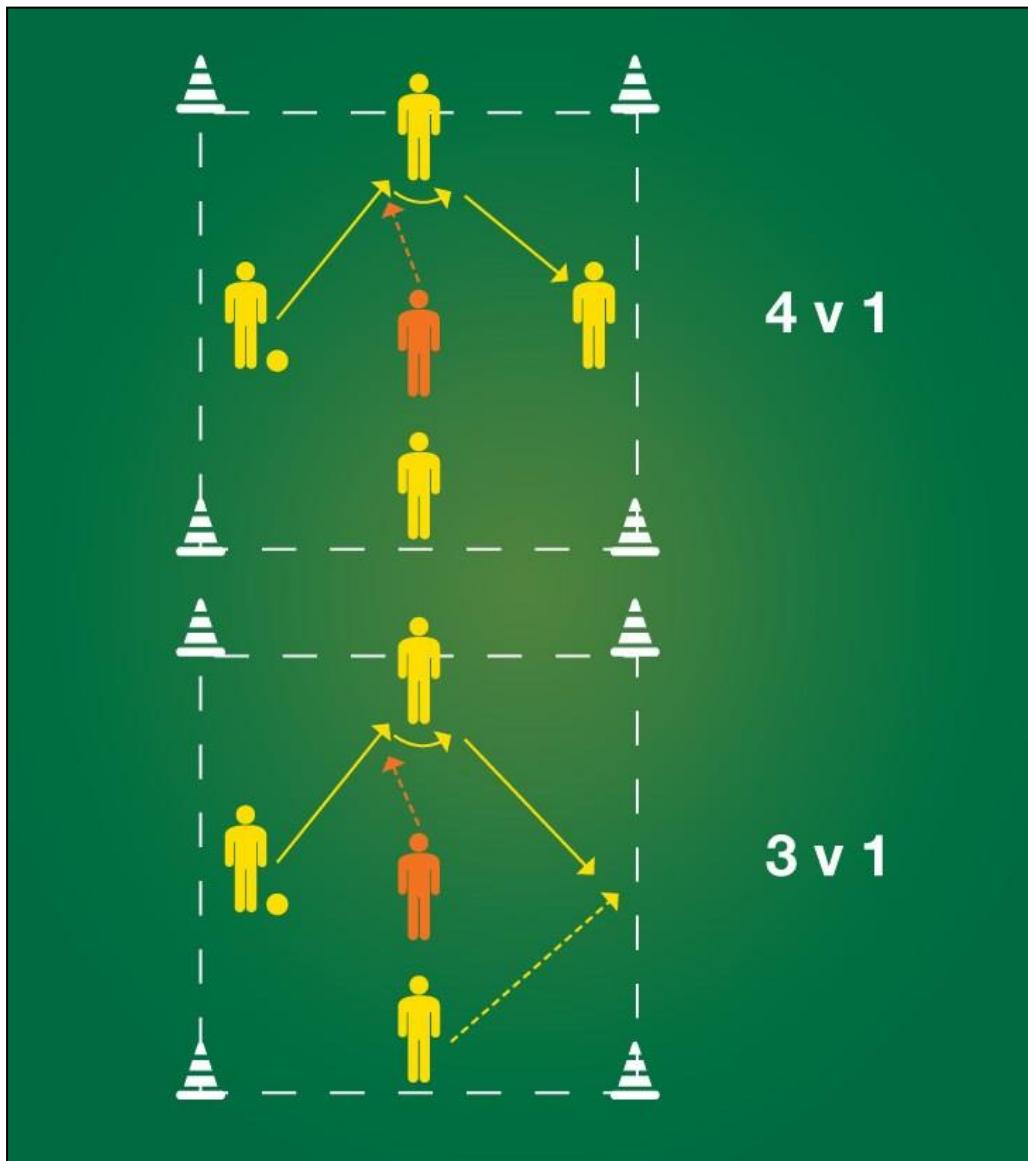
Concluding Competition

Which group can complete 10 passes first?

SAP_First Touch Session 1

Skill Training (25-30 minutes)

Variation 1(easiest)



Positioning Games with **two touches** as a **mandatory** requirement (i.e. first touch = control the ball, second touch = pass the ball).

Disallowing a direct pass forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

Which positioning game to use depends on the level of the players and ranges from 4 v 1 (easiest) to 3 v 1 (which requires more decision making). Once 3 or 4 v 1 is mastered, 5 v 2 and finally 4 v 2 (most difficult) can be introduced.

The grid size also depends on the level and capabilities of the players with 15m x 15m as a starting point (15m x 20m for the 5 v 2). The coach can make the exercise more challenging for the players by simply decreasing the space or easier by making the grids bigger.

SAP_First Touch Session 1

Concluding Competition

Competition: which defender(s) forces most mistakes in 1 minute

Possible Coach Remarks

“Move to support as the ball moves”

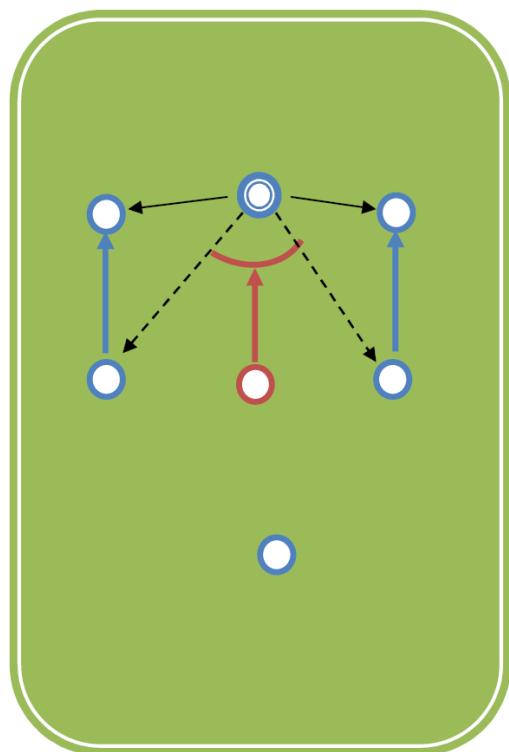
“Make angles (do not stand in the corners)”

“Keep your body open to the field” i.e. be able to see both the ball and where you intend to take / distribute the ball.

“Move the ball with your first touch away from the defender(s) “

“Use body feints to disguise your intention”

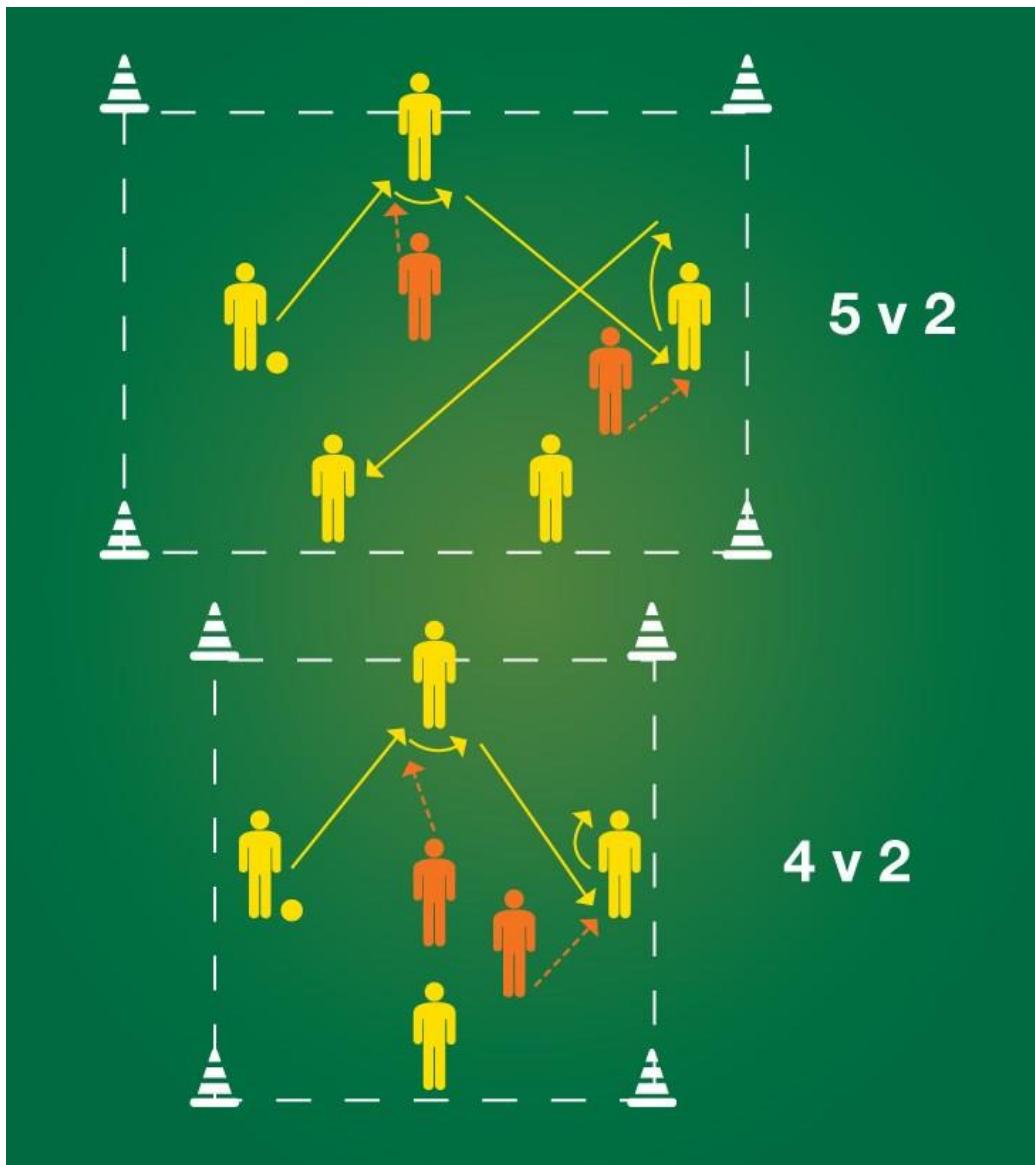
Positioning games are fundamental to player movement when “off the ball”



i.e. if support players remain in a “perfect diamond” as per the 4 v 1 picture on the previous page then a single defender can effectively prevent 3 players from progressing or receiving the ball. Therefore, as per the 4 v 1 picture on the previous page, coach players to stay out of corners to then aid support players to be able to create wide angles (dropping) to receive the ball and then have clear channels (away from the defender) to advance the ball [CJ].

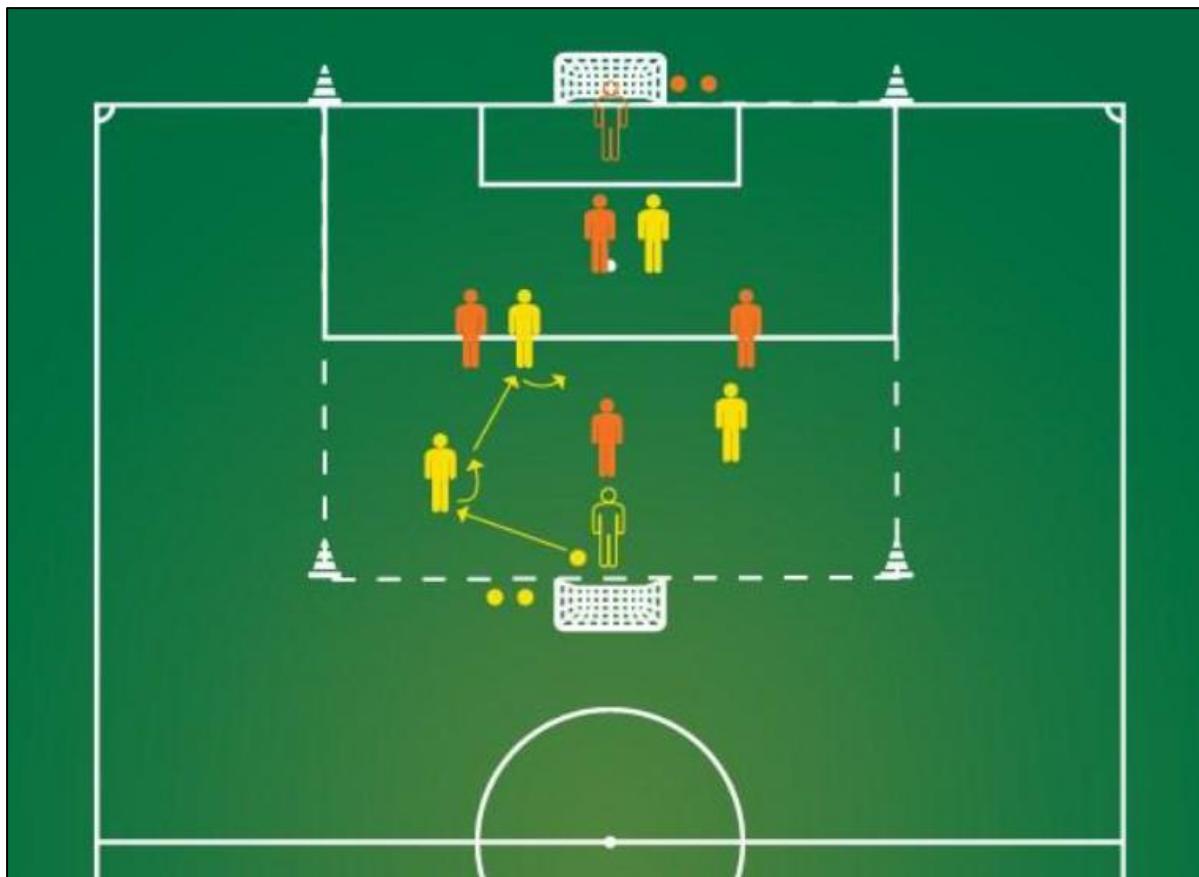
SAP_First Touch Session 1

Variation 2 (hardest)



SAP_First Touch Session 1

Skill Game (20 – 25 minutes)



5 v 5 with the restriction that with every ball contact each player must take (only) two touches.

Variation

The coach can make the game more challenging by simply decreasing the space or easier by making the field bigger or creating a numerical advantage for the team in possession of the ball by adding a ‘joker’.

Notes on this Exercise

Disallowing direct play (one touch) forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession prior to releasing the ball / shooting.