

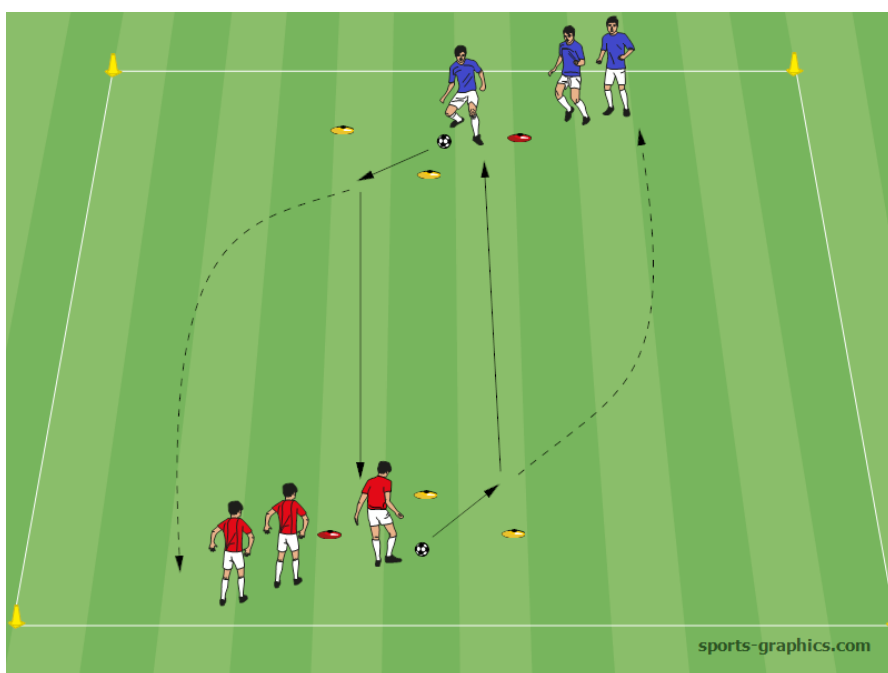
FIRST TOUCH AND PASS

Develop passing and receiving techniques

TECHNICAL

Passing

First Touch



Set up two 1yd gates (yellow cones) 30yds apart. Distances can be modified where necessary.

Players assemble behind each gate. Each line has a ball.

The first player from each line take their first touch through the gates then pass to the line opposite.

That player receives the ball and with their first touch pushes the ball through their gate and repeats the practice.

Players follow their pass to the opposite side.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Approach, footwork, standing foot, striking foot.
- Contact point on the ball and follow through.
- Correct passing technique.
- Correct technique to receive.
- Improve the quality of passing and pass selection.
- To competently receive the ball using correct technique.
- To develop more fluent and quicker passing.

KEY FACTORS

- Body shape
- Communication
- Good first touch
- Head up
- Move the ball off straight lines
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Stay light on feet

FOCUS AREAS

- Body shape.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Encourage use of both feet.
- Good first touch.
- Good movement to show for the ball.
- Observation of the target.
- Observe technical components of passing with the inside of the feet - standing foot placed alongside the ball; knees slightly bent; lock ankle at 90 degrees; push the foot through the ball and follow through to aim at the target.
- Pass selection and end product.
- Quality of first receiving touch.
- The technical execution by all players.

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