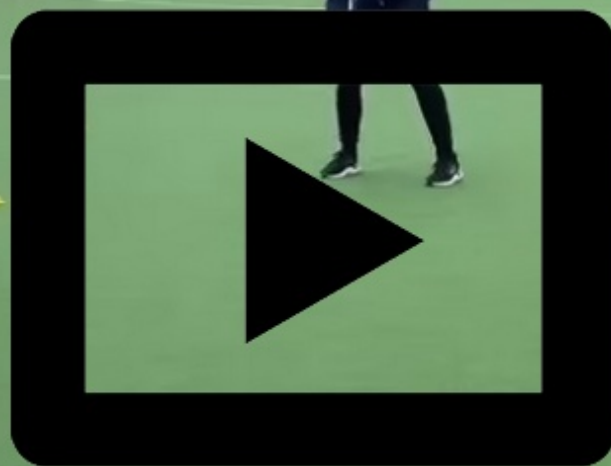


First touch

Instagram Link



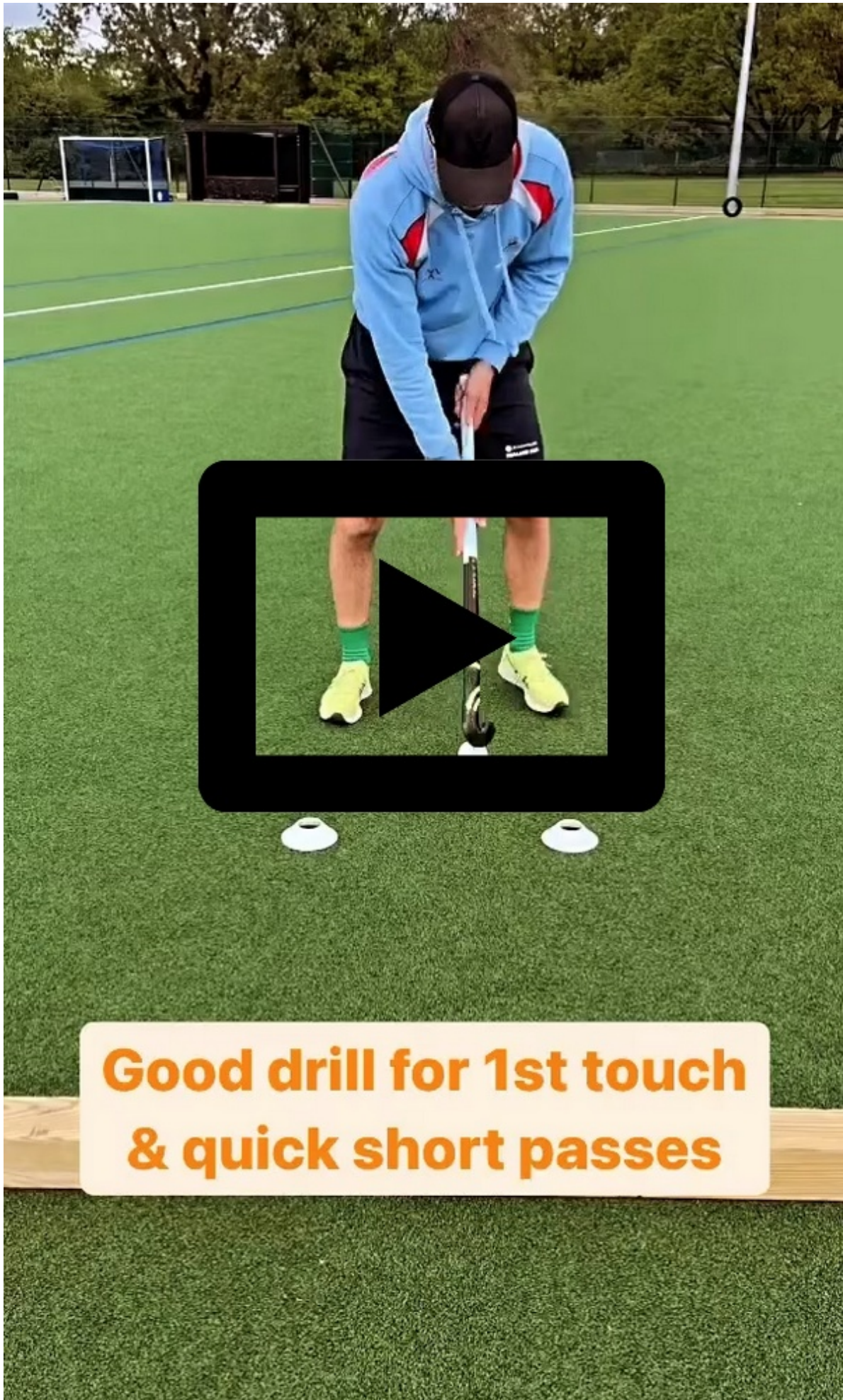
Do you like this drill?

Yes

No

**Simple drill to improve
your first touch ❤️**

Instagram Link



**Good drill for 1st touch
& quick short passes**

Instagram Link



**Great 1st touch drill
for coaches to use 🔥**

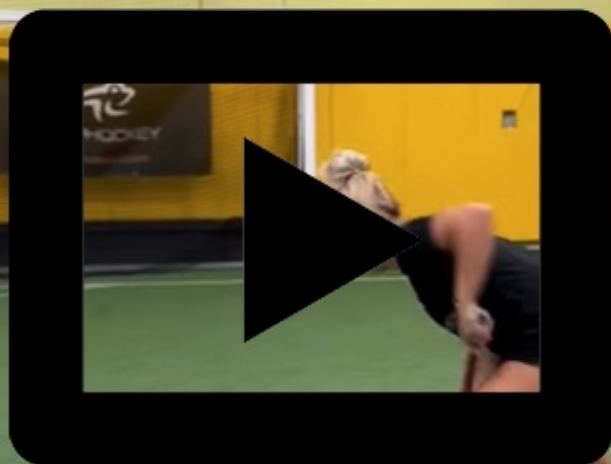
Instagram Link

FIRST TOUCH



Instagram Link

HOW TO: ELIMINATE WITH A RECEPTION

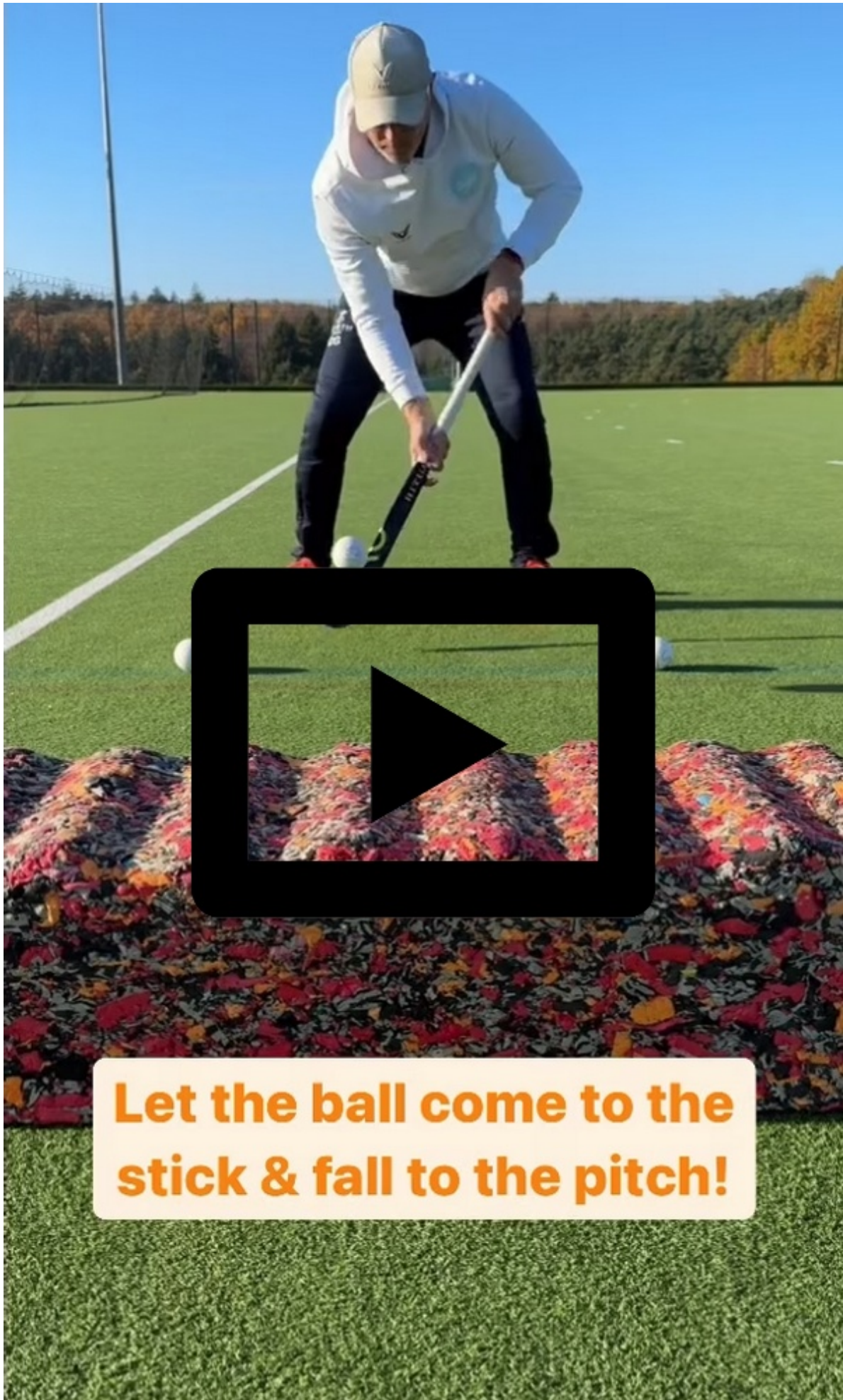


Instagram Link

WRONG



Instagram Link



**Let the ball come to the
stick & fall to the pitch!**

