

First Touch Out Of The Box

GameFocusResetProgression

1. Player 1 passes the ball into player 2 in the box
2. Player 2 should try and get the ball out of the square
“first touch”
3. Outside players stay out but can move anywhere around the outside
4. Score number of successful passes

1. Deflecting player should not “force” a pass
2. He should pass to the best location

1. 3 attempts
2. Each miss – he subs out

1. Increase the complexity of the pass coming into the box
(bounce, angles)
2. Increase speed of pass
3. Outside players move forcing inside player to prescan

