

First Touch

GameFocus/ObjectivesProgressionTransition/Reset

Passing the ball between cones and moving the ball on receipt
(Trying one touch)

Set up 2 teams and race them against each other

2 sets of cones 10 m apart and 3-6 m wide

1. Player 1 pushes the ball through the cones.
2. Player 2 receives the pass and with their 1st touch puts ball to the right of the right cone (or 2 the left when progressions) and then pushes the ball through the opposite cones.
3. Player 1 receives and with their 1st touch puts the ball to the right of the right cone and repeats.

Receive and intelligently move the ball to where they are “going” – in this case either left or right

Actions:

1. Look at the player when passing (Accuracy)
2. Trap the ball in front – (wide based receive)

OR

1. Run onto the pass – allow the ball to run across the body

1. Time base – how many passes in 30 secs
2. Slap not push so make harder passes
3. Move the cones further apart
4. Accuracy of pass – reduce the width of the cones

If missed start again

