

Practice Theme/Topic

First touch

General Notes

- SESSION: first touch decision making
- pugnets set up facing opposite directions
 - play 1v1 or 2v2
 - players in possession decide to shoot,dribble or pass

Aims & Objectives

N/A

Organisation & Setup

- FIELD SET UP
- play side by side games as numbers allow
 -

Coaching Factors & Outcomes

N/A

Adaptation & Progression

N/A

Technical

N/A

Physical

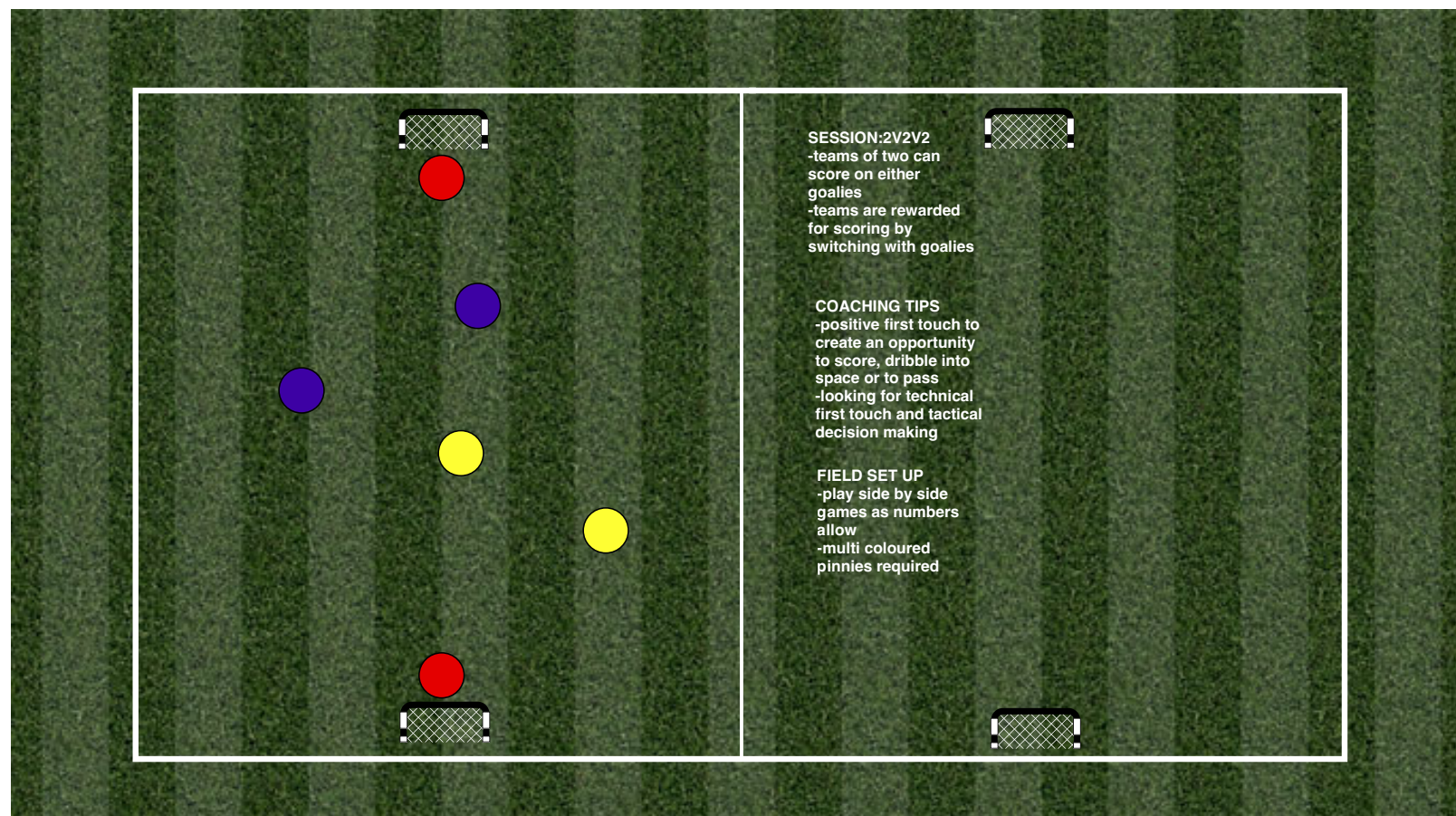
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

- COACHING TIPS
- positive first touch to set up optimal body position to attack the pug,dribble or pass to partner
 - encourage good movement off the ball to create good angle to receive pass

Coaching Point #3

Coaching Point #2

- play should be limited to 20 seconds to promote urgency of movement

Coaching Point #4

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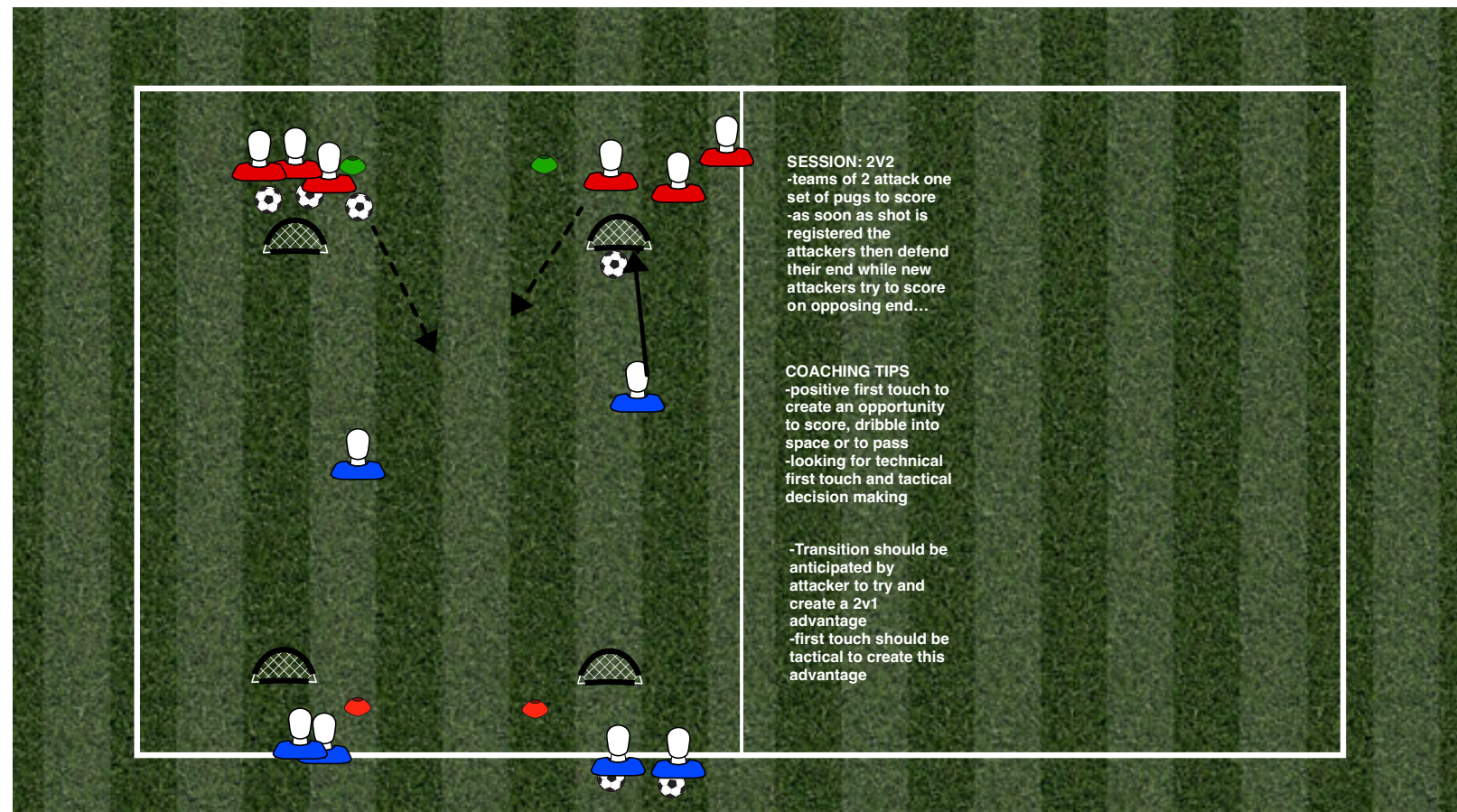
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Adaptation & Progression

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Technical

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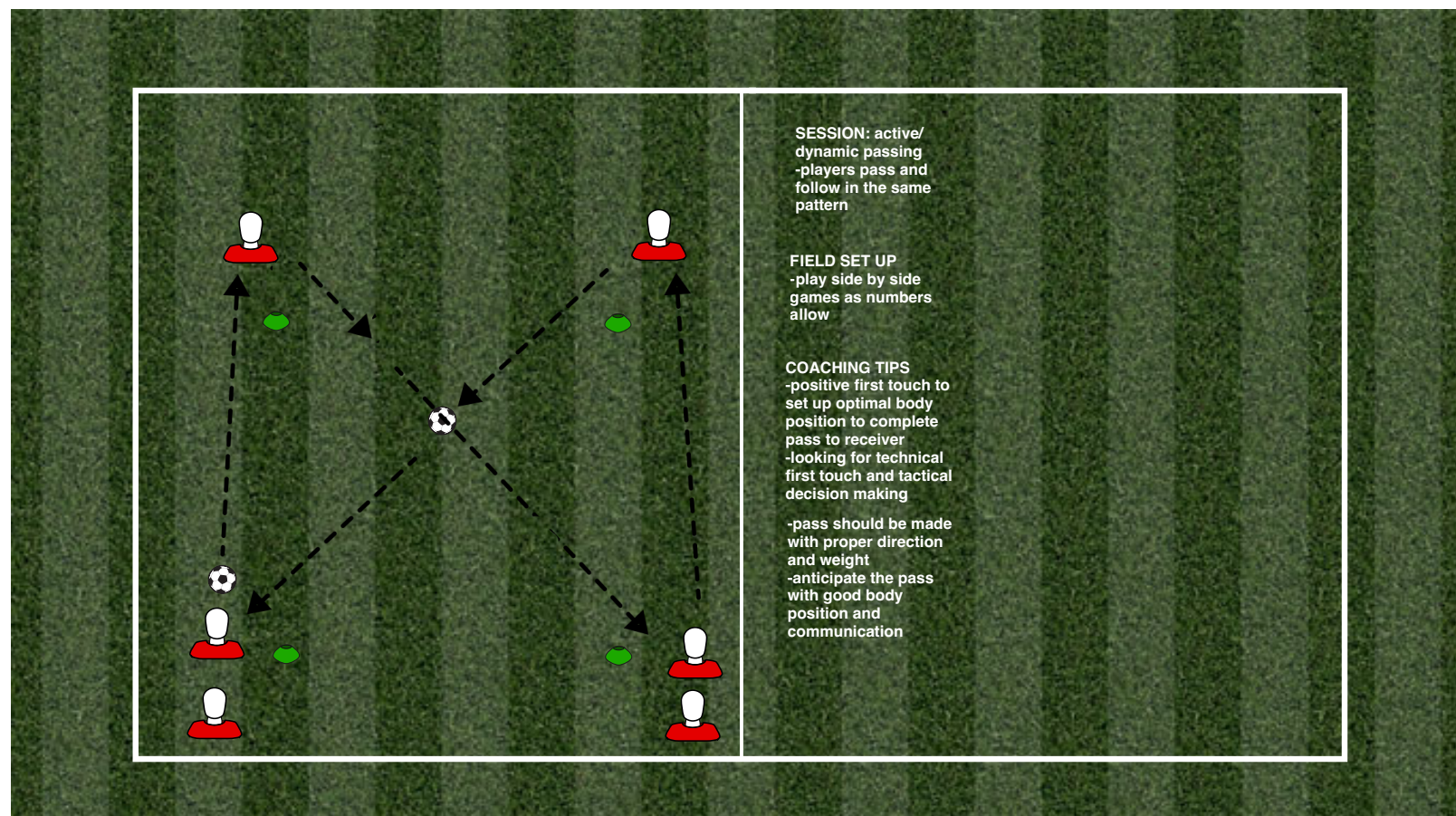
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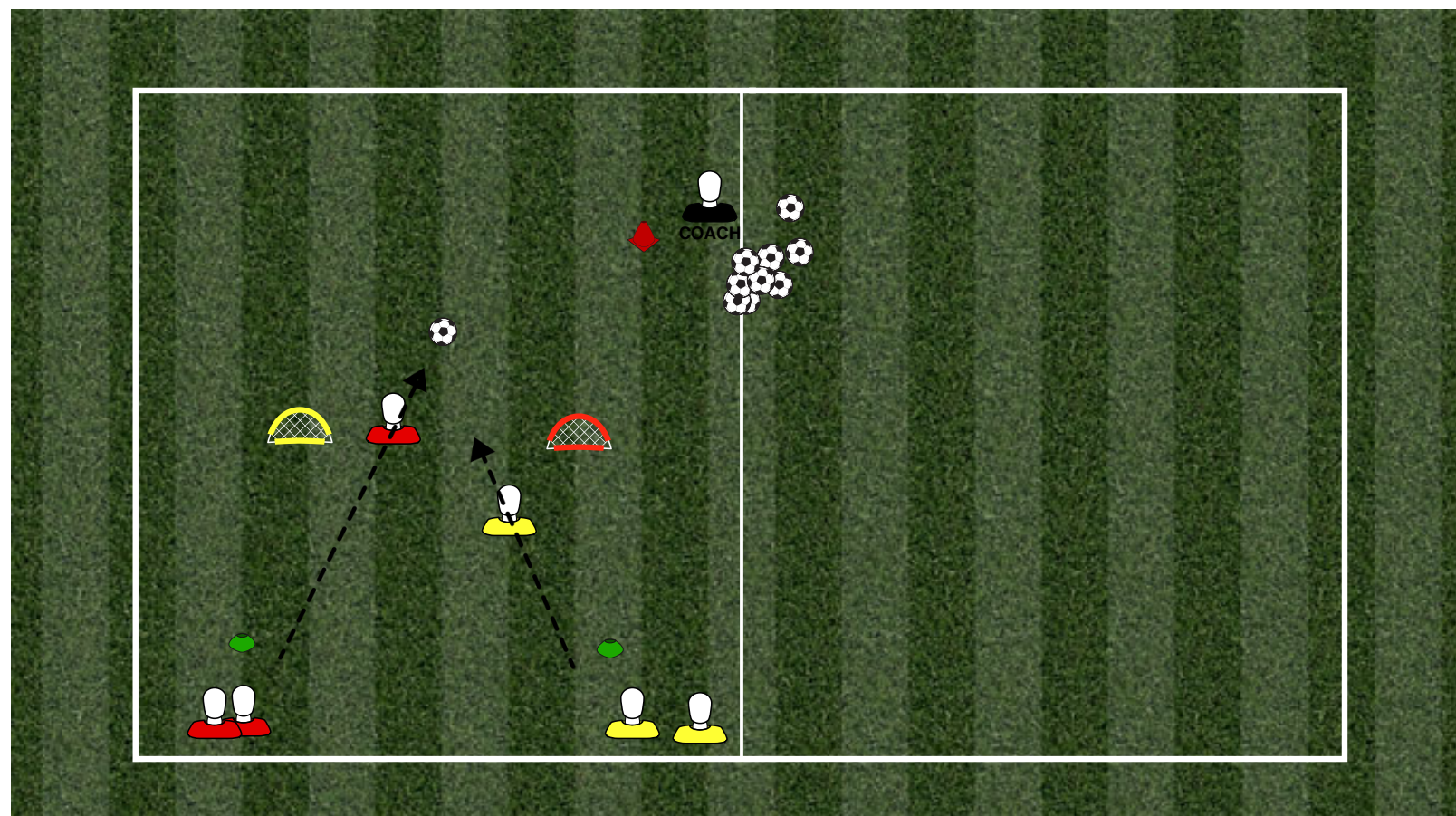
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