

## Touch Across

Players working in pairs - passing player stand at the lone cone - working player stands at the opposite end where there are 3 cones in a line 2 or 3 yards apart. Diagram has one cone as blue as a reference point.

1 - Starting at one side of the blue cone / gate the player moves forward and meets the advancing ball that has been passed in by their partner.

2 - On receiving the ball the player plays through the gate in 1 or 2 touch to the other side of the gate.

3 - player plays a pass back to the passing player

4 - they retract to the blue cone and now on the opposite side of it. The rotation is repeated but this time rather than going right to left, they will move the ball left to right.

Working player always returns to the original cone (blue in this case) so they can create space to receive the ball - approach it as it arrives and will be on their toes. if they just stand still they will not be ready to receive the ball.

Swap roles every minute or so.

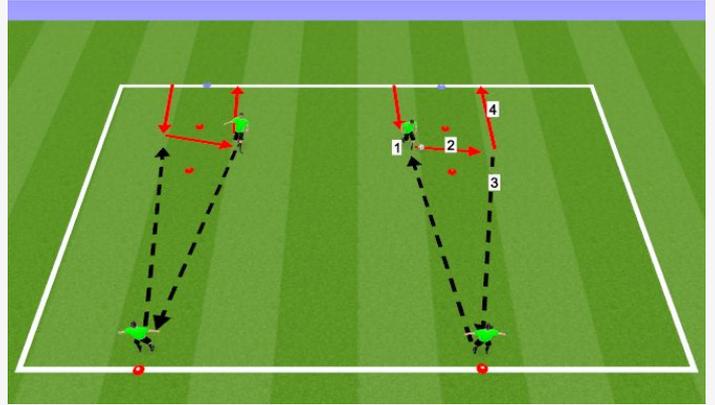
Coaching points

Create space (check back into space each time)

Communication - call for the ball when you want the passer to play it

Use different surfaces to move the ball through the gate - inside, outside or sole - use both feet

Positive first touch out of feet



## Rondo - Monkey in the middle (10 mins)

In a small area 10x10

3 or 4 players play possession from 1 defender. If the defender wins the ball they swap with who ever they won it off.

If the team keep it away from the defender for a certain number of passes (5 or so) the defender has to do something silly - Jumping jack shouting I am a pink fluffy star or sing a song to the group (something fun and light hearted, do not embarrass or force kids to do it).

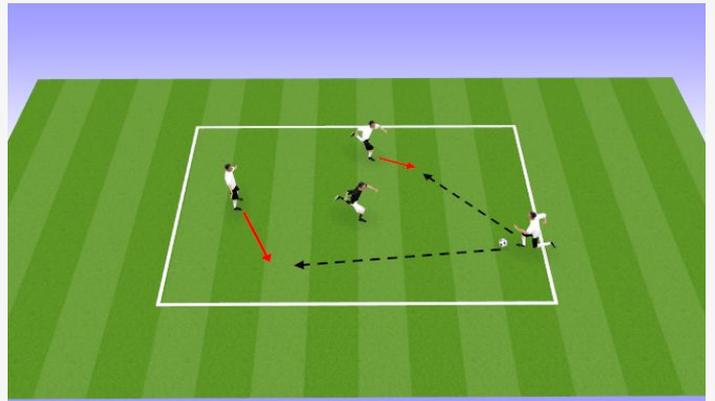
Coaching points -

Movement on and off the ball - do not stand still and make it easy for the defender

Do not force passes / decisions

Communicate - help the player on the ball with their decisions

Work hard for each other



## 1 touch to score

2 teams of even numbers - max 5 v 5

2 goals 5 yards onto the field, facing out, at opposite ends (as shown in diagram).

Goals are 'backwards' to encourage movement of both the players and the ball in order to score - rather than just being able to kick it straight into the goal.

Teams can score in either goal. Once a goal is scored, the coach passes on a new ball to the team that scored keeps possession of the ball.

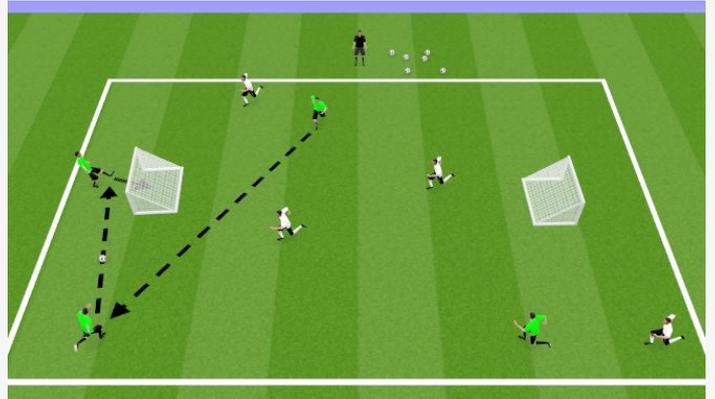
1 touch finish = 3 goals

more than 1 touch = 1 goal

Head up / vision - identify overloads and which goal may be easier to score in

Movement off the ball to either receive it from a team mate or to get into a scoring position.

Protect the ball - dribble or pass to keep it away from defending team.



## Scrimmage

Small Sided Game - Reiterate coaching points that were covered in the session

