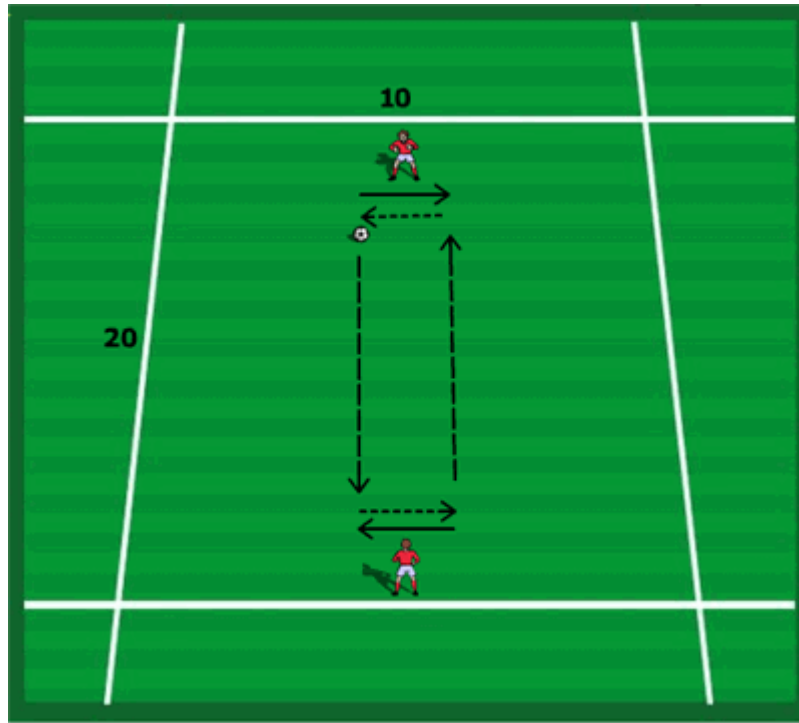
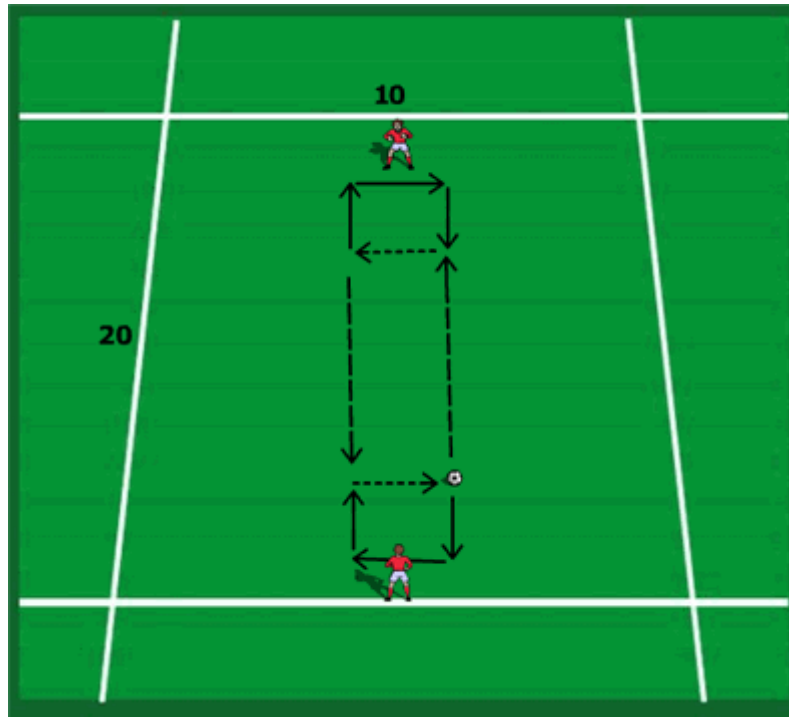


WORKING ON THE FIRST AND SECOND TOUCHES ON THE BALL
IN TEAMS OF TWO



- a) **Two** touch passing. Practice using **BOTH** feet.
- b) **Side of foot** passing getting a rhythm going 1st touch to control then a 2nd touch to pass back. Next progression is; passing **moving in** to meet the ball and pass, and then out after passing the ball. Get a rhythm moving in and out, don't stand still.
- c) **One touch** side of foot passing, moving in to meet the ball, one touch pass and then back again. Weight and accuracy **MUST** be good now to allow the team mate to pass back with one touch.
- d) **Decision Making**: Player passing **points** their arm to one side the player receiving has to pass to the other side.
- e) **Two footed Control and Pass: Inside and Inside** Receive the ball with the inside of the right foot for the 1st touch, move the ball 2nd touch and inside and off line to yourself, then a second pass with the inside of the left foot. Do left foot first touch also.
- f) **One footed Control and Pass: Inside and outside** of the foot passing using the **same** foot. Move the ball inside and off line with the **inside** of the right foot and pass with the **outside** of the right foot. Repeat with the left foot.



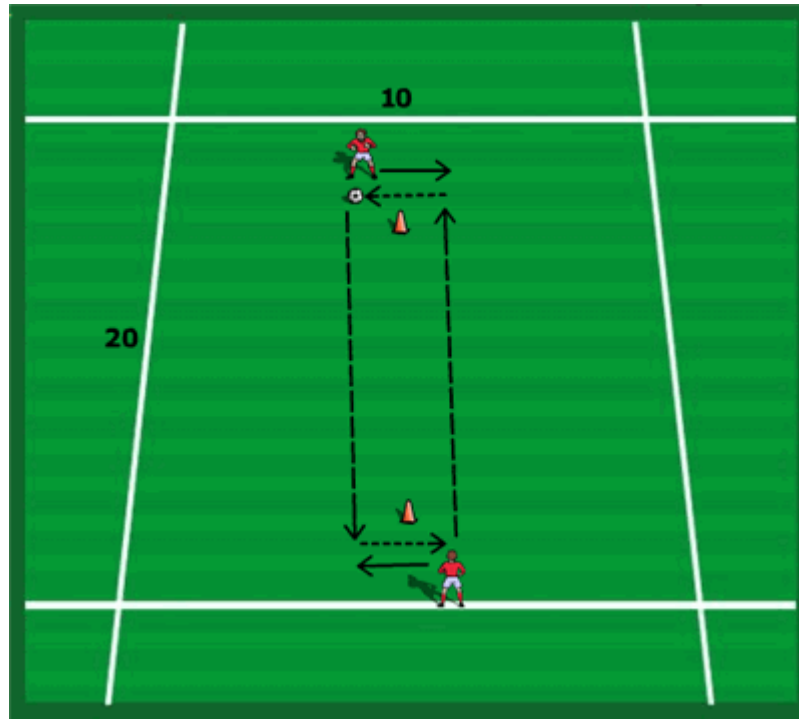
g) **One footed Control and Pass: Outside and inside** of the foot passing using the **same** foot. Move the ball outside and off line with the outside of the right foot and pass with the inside of the right foot. Repeat with the left foot.

h) **Feinting and Receiving:** Fake to kick the ball one way and go the other. Perform this action with the various moves discussed previously.

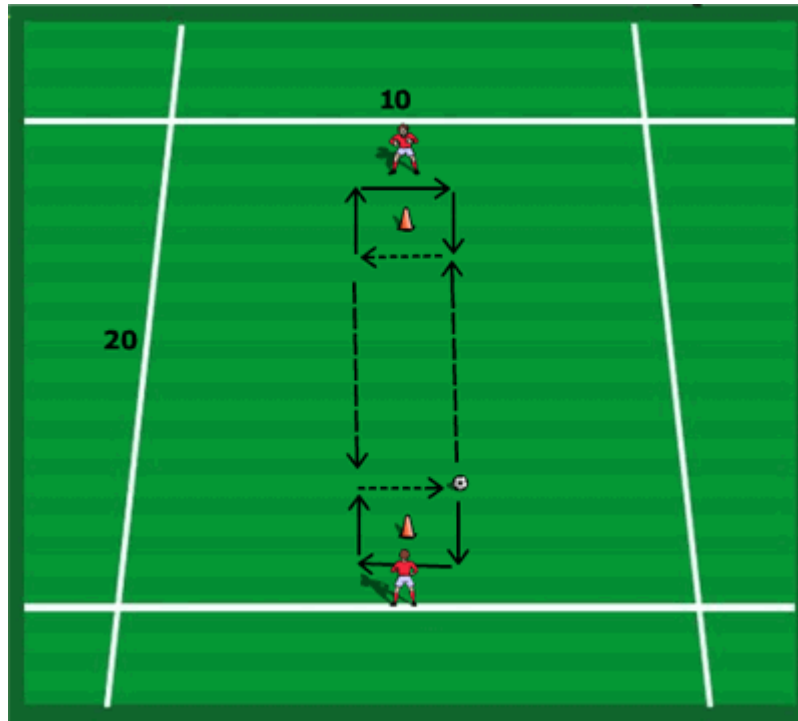
i) **Receiving and controlling the ball:** Three touches on the ball. First movement is forward to receive the pass, first touch on the ball is forward again, second touch is to the side, and then third touch is the forward pass back to the team mate. This is good for fast foot coordination.

j) **Pointing:** Introduce pointing again, passer points one way, receiver fakes that way and passes to themselves the other way then passes to their teammate.

k) **Competition and Pressure**. Count the number of passes in a given time and see which pair does the best. Look for a balance between control and speed of passing. Do this for all the different progressions as a finishing point for each one so they need to do it under pressure.

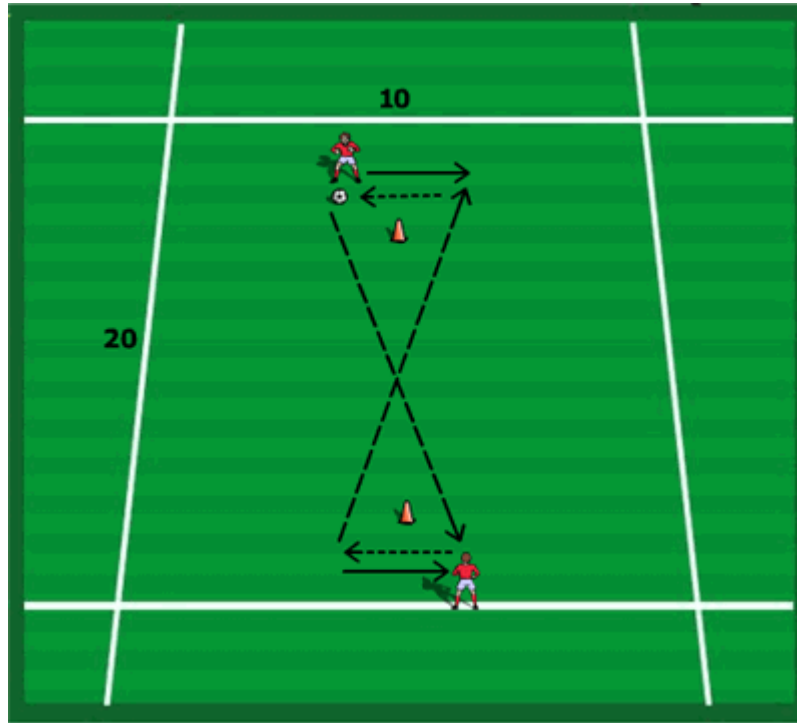


1. Place a cone **in front** of each player as a target object to play around. This also helps the player receiving the ball to judge their first touch and how far it needs to go across the field before they pass the ball forward again, with their second touch, to their team mate.
2. Player (1) pass the ball down the side of the cone to player (2) who must move the ball on their first touch to themselves and to the other side of it, then pass the ball back on their second touch. Player (1) then repeats the process.
3. Try to make the first touch to themselves a short, tight distance with the ball under control for the second touch which is the pass back down the other side of the cone. Keep these continuous rhythms going but you can dictate which part of the foot you can do this with as previously highlighted, inside to outside, outside to inside, inside to inside and transferring feet and so on.
4. Work the ball also from left to right so players practice moving the ball both ways not just one way. This is a player passing with the right foot to the left foot of the other player or with the left foot to the right foot of the other player.
5. **Competitive:** How many successful passes can the pairs of players make in a given time using the required techniques?

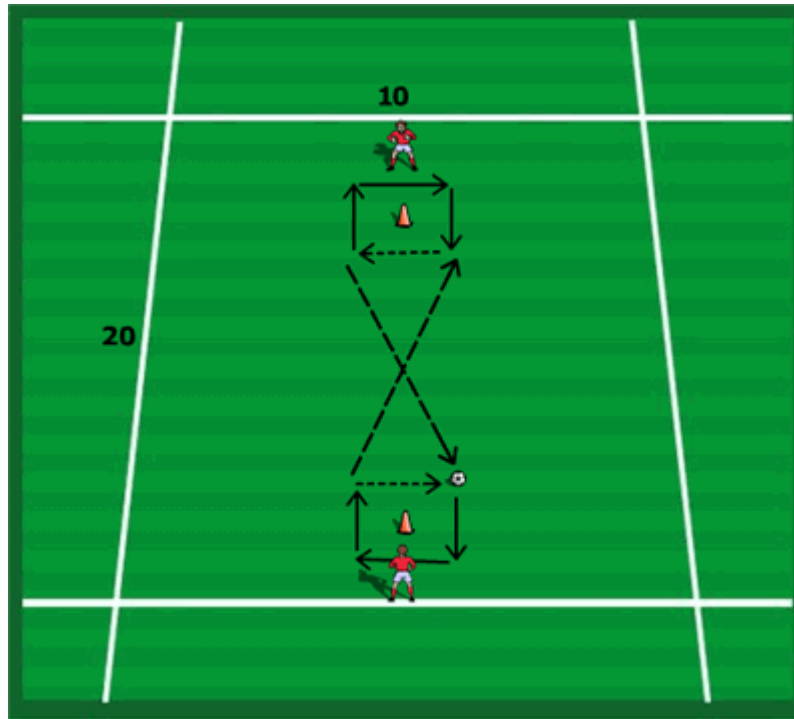


1. Now use the cone as a target to get in front of. As the ball is passed the player receiving must get in front of the cone to receive the pass, perform the movement required and pass back then move back behind the cone again.
2. This forces the player to move towards the ball as they receive it. This is an important movement because players often wait for the ball to come to them in a game and an opponent steps in front of them to steal it before it gets to them.
3. The movements are continuously back and forward, in front of the cone, receive the pass, move across with one touch, pass again with a second touch then behind the cone moving backwards and back across to receive again. Have the players develop a rhythm to this to get the best out of this practice.
4. Increase the distance between the players so they do not get too close to each other when both have moved in front of the cones to both pass the ball and receive the ball.
5. **Competitive:** How many successful passes can the pairs of players make in a given time using the required techniques?

DIAGONAL PASSING IN TWO'S

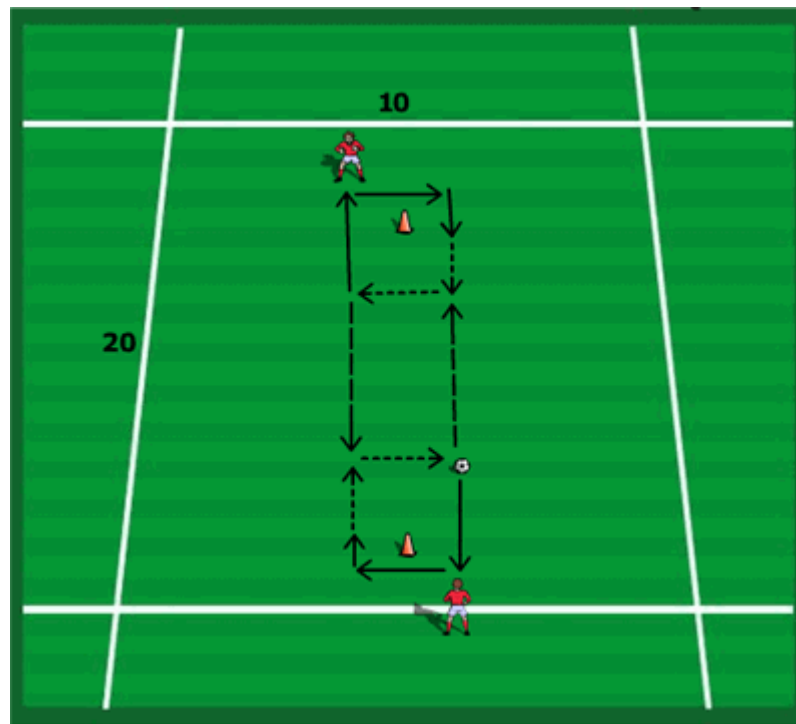


1. **Progression:** As above have the players now make a first touch pass to themselves to the side and across the body then a **diagonal** second touch pass back across the field to their teammate.
2. Now have the players come **in front** of the cone to receive the pass as before forcing them to come and meet the pass. (1) Passes the ball from in front of the cone, then drops back, moves across to receive the diagonal pass back and move forward again to receive and so on.
3. This is now right to right foot and / or left to left foot.

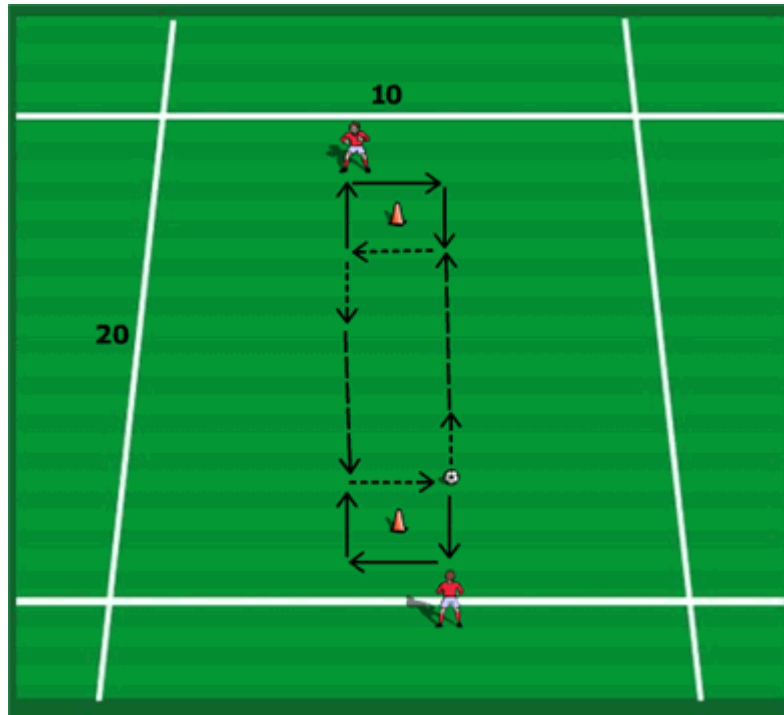


1. To open up the angle to make the diagonal pass the 1st touch may need to be a bigger one and this is again testing the technique of the 1st touch of each player.
2. This is still a **2 touch** drill with the 1st touch across the body and the 2nd touch a diagonal pass.

THREE TOUCH MOVEMENT

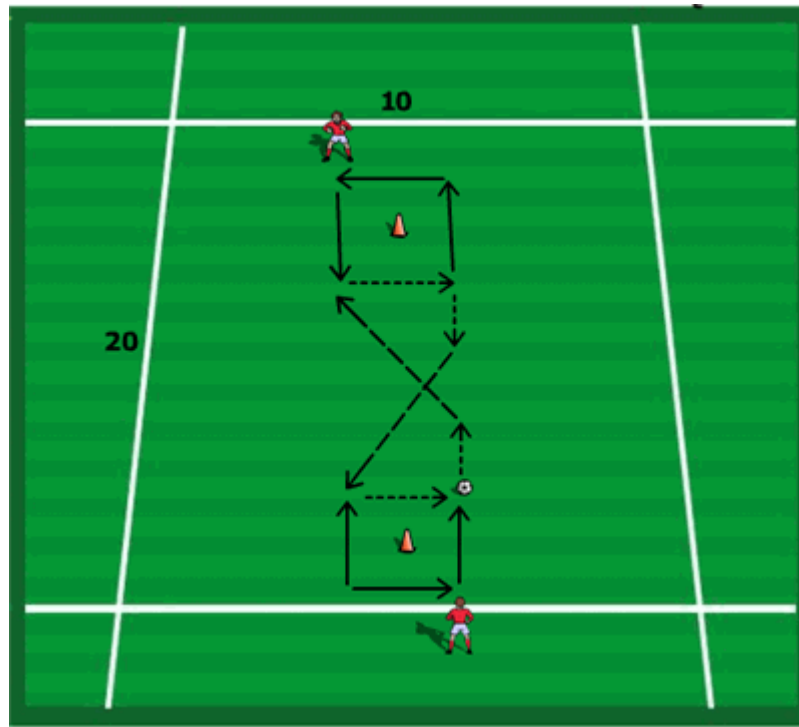


1. Receiving and controlling the ball: **Three touches** on the ball. First movement is **forward** to receive the pass, **first touch** on the ball is forward again, **second touch** is to the side and across the body, and then **third touch** is the forward pass back to their team mate.
2. This is good for fast foot coordination.
3. This is encouraging players to move to the ball to receive it and getting to it before a defender gets there and intercepting the pass, in a game situation.
4. Or explain it this way, there is an opponent behind the receiving player in a game, so the first touch is forward and away from the opponent, the second touch is across the body but also across the path of the opponent cutting them off then the third touch is the pass forward away from the opponent.



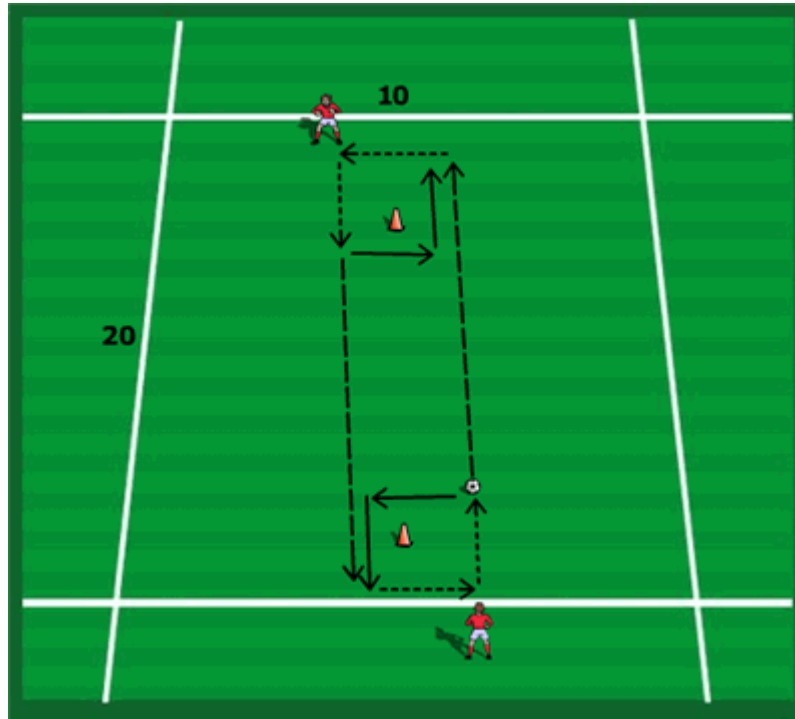
1. Different routines can be established here with the coach testing the players to see if they can do the correct touch in the correct direction and be successful.
2. Here the first touch is **across** the body, second touch is **forward** and third touch is a **forward pass**.
3. Liken this to an opponent attacking the receiving player from the side so the first touch is across the body away from this player, and then forward then a pass.

FIRST TOUCH ACROSS THE BODY, SECOND FORWARD AND A FORWARD DIAGONAL PASS



1. Continuing the **three** touch drill, it is now adding a diagonal pass into the movement.
2. Here it is the 1st touch across the body, 2nd touch forward and 3rd touch a diagonal pass.

DROPPING OFF TO RECEIVE A PASS TO CREATE MORE SPACE



1. It is not always the right movement to go towards the ball to receive a pass, sometimes the correct movement is away from the ball to create more space for yourself to receive the pass and create more space to work in.
2. Dropping off to receive means in the game situation you have time on the ball to make this movement, it may also be done to get away from an opponent attacking you from the direction the ball came for example. Dropping off creates more space to work in and allows a little more time on the ball.
3. You can do the same movement resulting with a diagonal pass across and between the cones.