

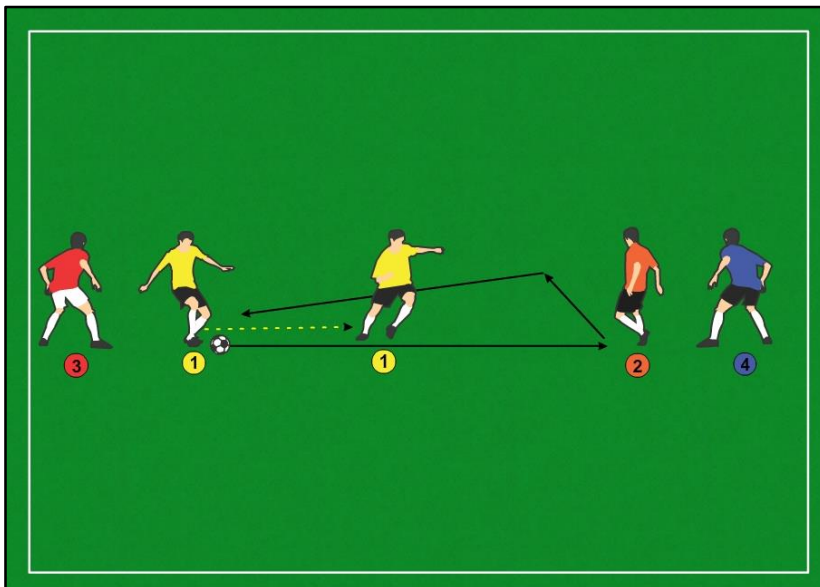


Difficulty level ★★☆☆

Core skill: First Touch

PASSING PRACTISE

Beginning activity



Activity

Player 1 starts by passing the ball to player 2 and then follows their pass to apply pressure.

Player 2 uses their first touch to move the ball away from player 1 (to the left or right) and with the second touch passes to player 3.

Both players follow their pass and joins to the back of the opposite line.

Set Up

Area: Place two cones 5-7m apart.

Players: Players on either side facing each other. Two players on each end.

Equipment: There is one ball for each group, have spares close by.

Note

You may start with the players taking their first touch to the side and passing back, before introducing the added pressure from Player 1.

When the players are confident in taking their first touch to the side before passing, then add more pressure.

In a game situation you are under pressure from the opposition.

Having your first touch away from the oncoming defender will give you more time on the ball and able to pick your next pass.