

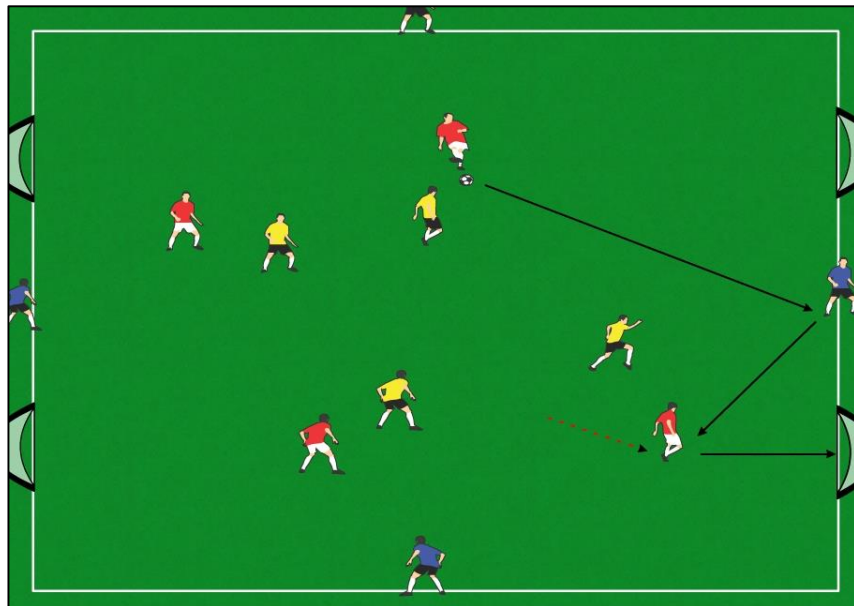


Difficulty level ★★★

Core skill: First Touch

TWO TOUCH GAME

End activity



Activity

A 4 v 4 game with 4 bounce players.

Mandatory 2 touches for every player (focus on first touch)

Wall players not allowed to stop the ball or play to each other.

Note

Change teams every 2-3 minutes or after a goal is scored.

Inside the scoring zone one touch finishes are allowed if the ball comes from the wall player between the goals.

Set Up

Area: Set up an area approx. 20m by 30m with two small goals at each end, and a 5-7 'scoring zone' at each end.

Players:

Four players on the outside as 'wall players' (blue)

4 v 4 in the middle (red v yellow)

Equipment: Three sets of bibs, two pop up goals, markers.

Develop a good first touch and second touch pass, along with building awareness and communication when in possession.