



Difficulty level ★★☆☆

Core skill: First Touch

END GAME

End activity



Activity

A 5 v 5 game that focuses on having a good first touch.

You can implement a 'two touches' rule for the game and promote short passing instead of direct play.

Set Up

Area: Set up a field as shown (approx. 30m by 40m) depending on the number or ability of players.

Players: Players are divided into two equal teams.

Equipment: There is one match ball, have spare balls placed next to each goal. Use goalkeepers and goals if available, otherwise use two poles or pop up goals at each end.

Note

The coach can make the game more challenging by simply decreasing the space or more easy by making the field bigger or creating a numerical advantage for the team in possession of the ball by adding a 'neutral player' who is always on the team in possession..

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.