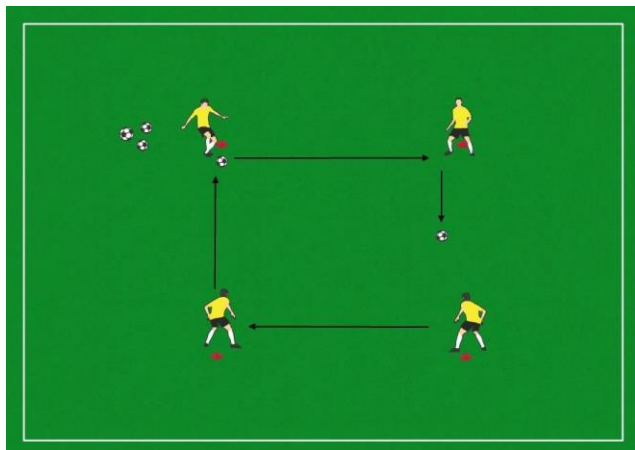




SESSION PLAN – First Touch



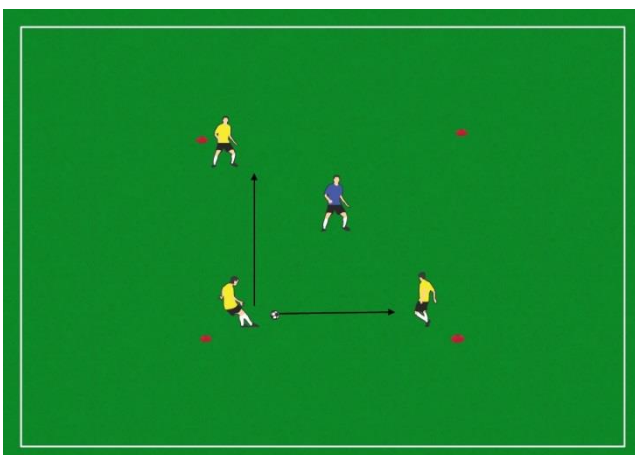
BEGINNING – Pass the parcel (7m by 7m)

Set up multiple grids. Players stand on each corner of the square.

Each group counts how many times they can pass the ball (parcel) around their square in 30 seconds or 1 minute. Which group can pass the parcel around the most?

Progression

Each group is given 3 or 4 balls and aims to be the first team to pass all balls around the square and back to the start. The team that finishes first is the winner.



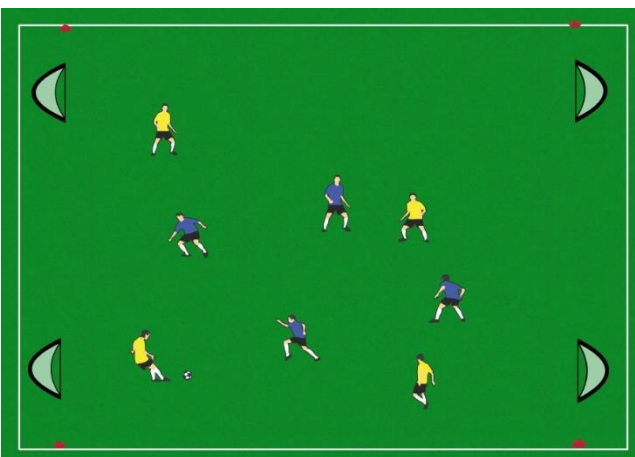
MIDDLE – Count the passes (10m by 10m)

Depending on your numbers, you can play 3v1 or 4v2.

The players on the outside count how many passes they can make in 30 seconds or 1 minute without it being intercepted by the defender.

If the ball gets intercepted, they start counting again. Change the defender regularly.

Players should take their first touch in the direction they are passing the ball next.



END – Two touch game (30m by 20m)

By a game, enforce a two touch limit at times to encourage players to take a good first touch before passing. Depending on numbers, play 4v4 or 5v5, or have 'bouncers' who stand around the sideline and can pass the ball back in play.

Session Tips:

- Arrive early and set up the area.
- Get it started quickly.
- Be enthusiastic.
- Provide lots of encouragement.
- Make it fun – change it up.
- Keep everyone active.

Football that's safe, organised, and fun!