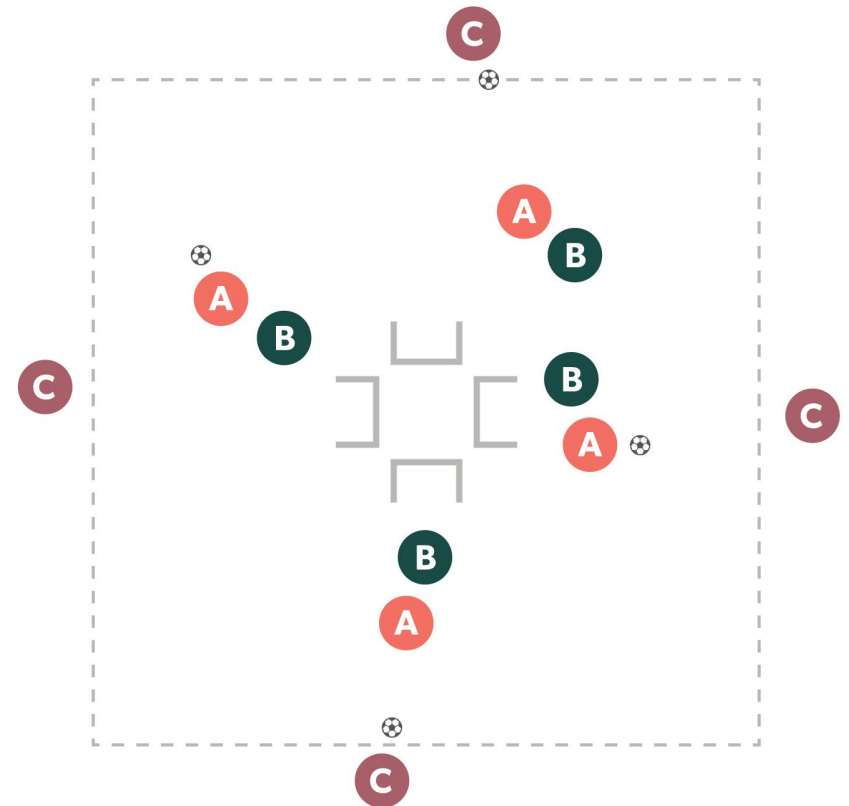


SKILL INTRO

15 Minutes

FIRST TOUCH
FOR GOAL SCORING OPPORTUNITY

- 1 area (20m x 30m)
- 3 teams of 4
- 3 x 4 minute games
- Ball starts on the outside with C who will pass the ball into A with B tightly marking in a 1v1
- A can score in any of the 4 goals set up in the centre
- If B win the ball they can play out to C
- Rotate team on outside
- Use movement to create space between you and the defender
- Can you use a body feint to commit a defender one way before receiving the ball
- Can you take a touch to set up a finish with your next action



NEWCASTLE PERMANENT SKILL OF THE WEEK

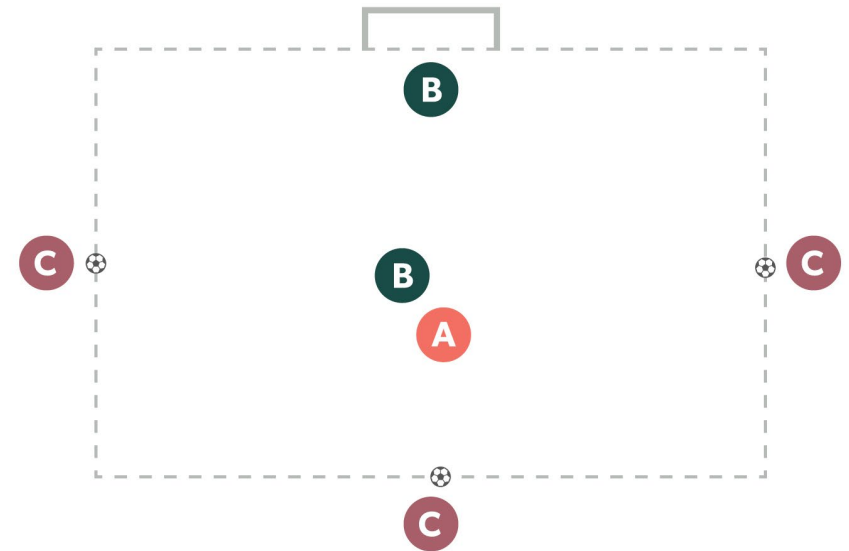


SKILL TRAINING

20 Minutes

FIRST TOUCH
FOR GOAL SCORING OPPORTUNITY

- 2 areas (20m x 15m)
 - Ball can be played into A from any of the C's
 - C's each have 3 balls
 - One B tightly marks A as the other acts as the goalkeeper
 - A scores in the goal
 - After 9 balls, tally your score and rotate positions
-
- Include points from Skill Intro
 - Take a first touch into a position where you can shoot and score quickly



NEWCASTLE PERMANENT SKILL OF THE WEEK



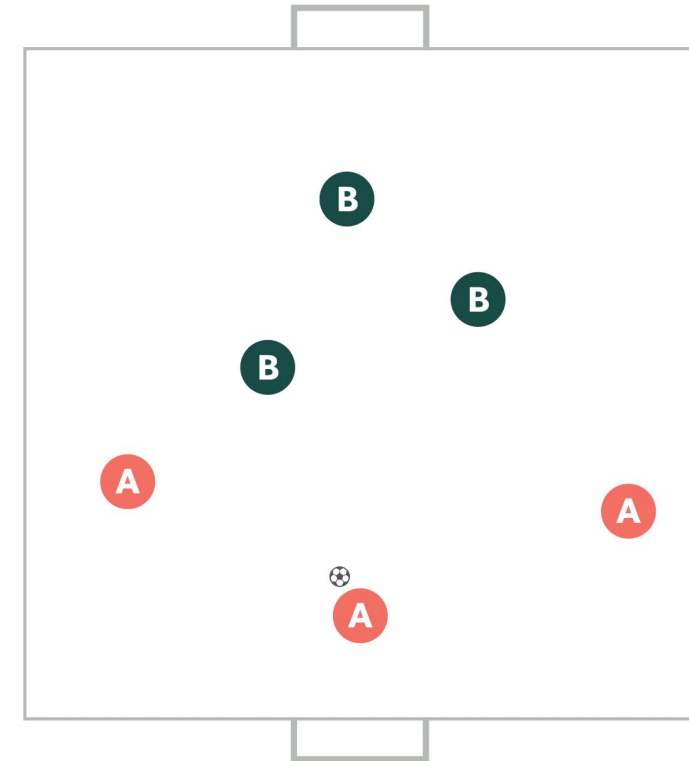
SKILL GAME

25 Minutes

FIRST TOUCH
FOR GOAL SCORING OPPORTUNITY

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- **Simple 3v3**
- **Team with the highest score at the end of 8 mins wins**

- Can we see a change in behaviour when we use our first touch close to goal?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you score directly after a good first touch



NEWCASTLE PERMANENT SKILL OF THE WEEK

