

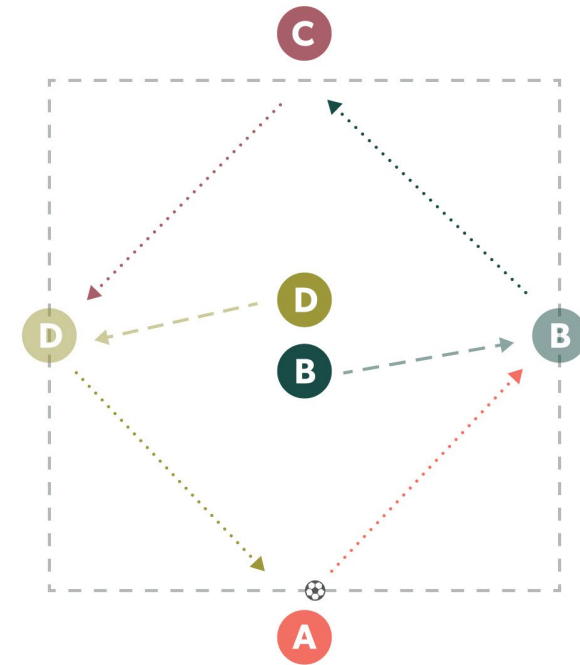
SKILL INTRO

15 Minutes

FIRST TOUCH

AWAY FROM OPPOSITION

- 2 grids (20m x 15m)
- Diamond passing pattern A-B-C-D
- Change direction
- Score 1 point for 1 full rotation
- Top score after 2 mins between the 2 grids win
- Add defender between D & B
- Quick movement to receive the ball on the outside
- Quick scan to see where the space and defender is
- Use the inside of the foot to take your first touch



NEWCASTLE PERMANENT SKILL OF THE WEEK



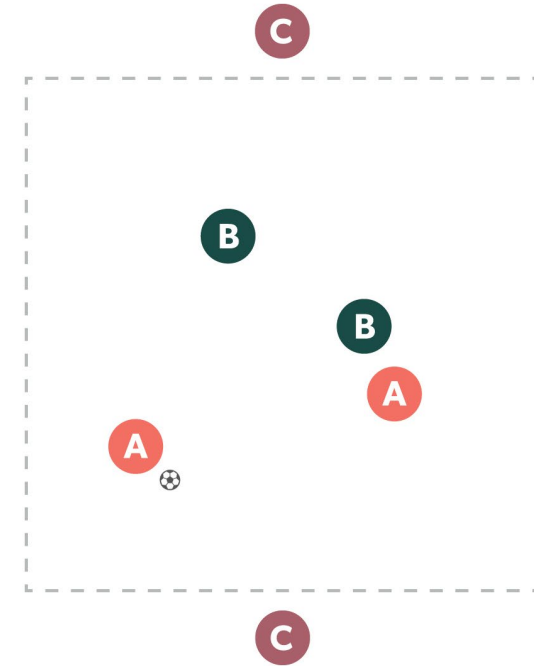
SKILL TRAINING

20 Minutes

FIRST TOUCH

AWAY FROM OPPOSITION

- 2 grids (20m x 15m)
 - 3 games x 6 minutes
 - 2 bouncers on the outside with a 2v2 on the inside
 - Team scores by moving the ball from one bouncer to the other
 - The team with the most points at the end of 6 mins wins
 - Rotate bouncers after each game
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- Include points from Skill Intro
 - Make sure your body position is side on
 - Position yourself in the area where you can see both bouncers
 - Pass with the foot you receive to protect the ball from opposition



NEWCASTLE PERMANENT SKILL OF THE WEEK



SKILL GAME

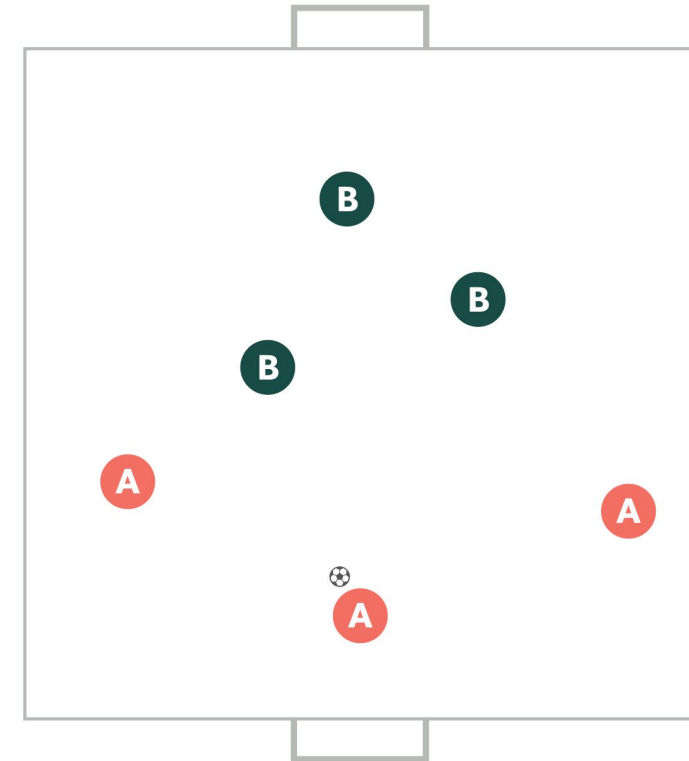
25 Minutes

FIRST TOUCH

AWAY FROM OPPOSITION

- 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 take our first touch?
- 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 take a good first touch away from opposition



NEWCASTLE PERMANENT SKILL OF THE WEEK

