

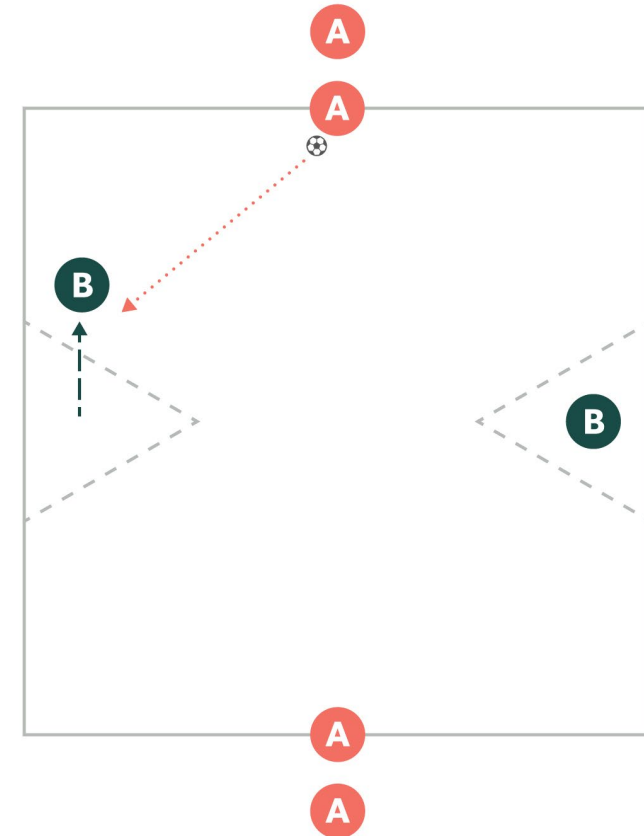
# SKILL INTRO

15 Minutes

# FIRST TOUCH

TAKING THE TOUCH FORWARD

- 2 areas (20m x 20m)
- 2 triangle gates in the middle of each side
- Passing occurs in a diamond shape starting from A, players follow their pass
- B's starting position is inside the triangle
- On A's touch, B comes forward to receive
- B uses their first touch to take the ball through the triangle to pass to the opposite end
- Progress with changing direction and player A putting on pressure after the pass
- Movement and scan to receive
- Side on body position
- Use the back foot to take the touch forward through the triangle



NEWCASTLE PERMANENT SKILL OF THE WEEK

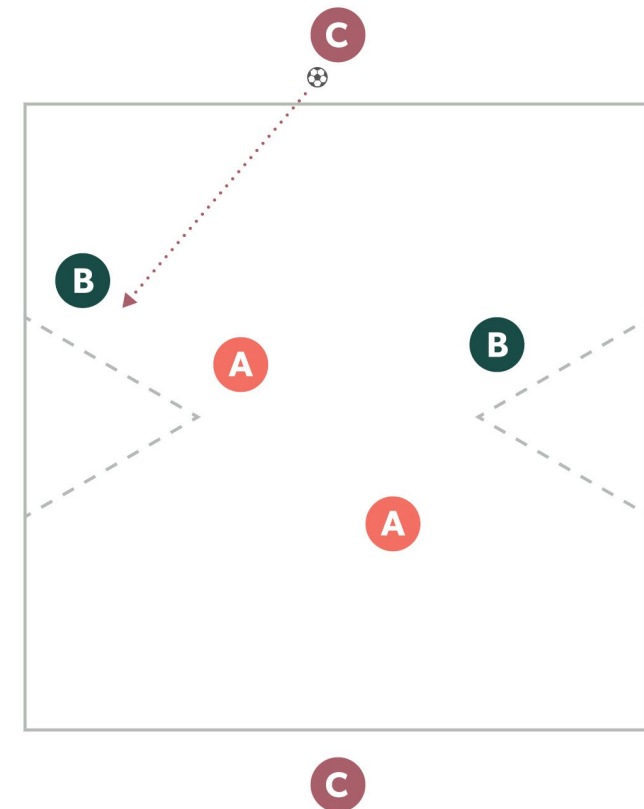


# SKILL TRAINING

20 Minutes

**FIRST TOUCH**  
TAKING THE TOUCH FORWARD

- 2 areas (20m x 20m)
- 2 triangle gates in the middle of each side
- 3 x 6 min games
- 2 v 2 in the centre, plus a bouncer at each end
- Teams get a point for moving the ball from bouncer to the other
- Bonus point if you can take a first touch forward through the triangle
- Rotate bouncers at game end
- Include points from Skill Intro
- Position yourself in front of the triangle, to be able to take the touch forward and through
- After taking a back foot touch forward, use the same foot to pass in order to protect the ball from the defender



**NEWCASTLE PERMANENT SKILL OF THE WEEK**



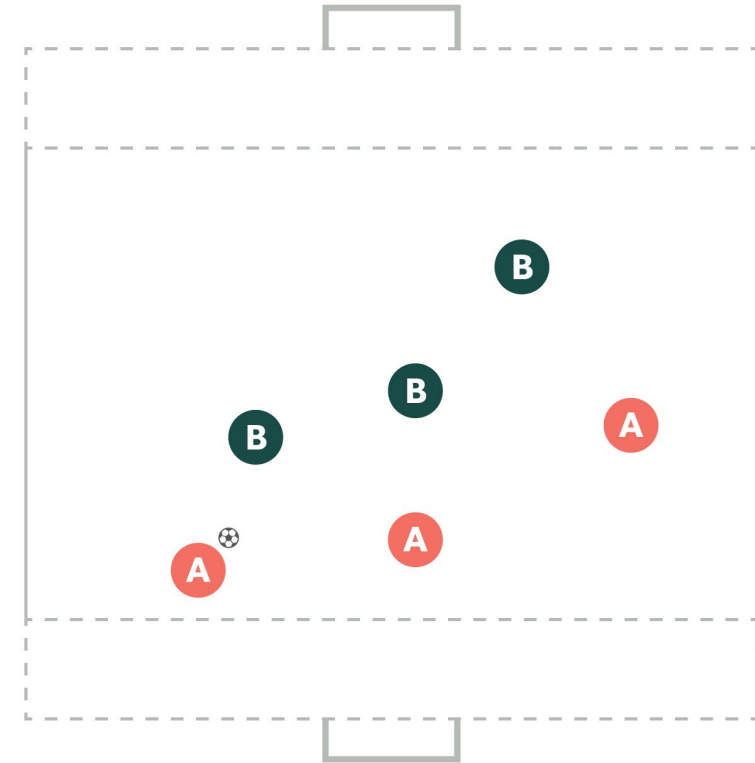
# SKILL GAME

25 Minutes

# FIRST TOUCH

TAKING THE TOUCH FORWARD

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Players must take their first touch into the endzone before shooting
- Only one defender can enter the endzone to defend the goals/attacker once the attacker has received the ball in the endzone (1 v 1)
- Can we see a change in behaviour with our first touch?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- Remove endzones and observe behaviour



NEWCASTLE PERMANENT SKILL OF THE WEEK

