

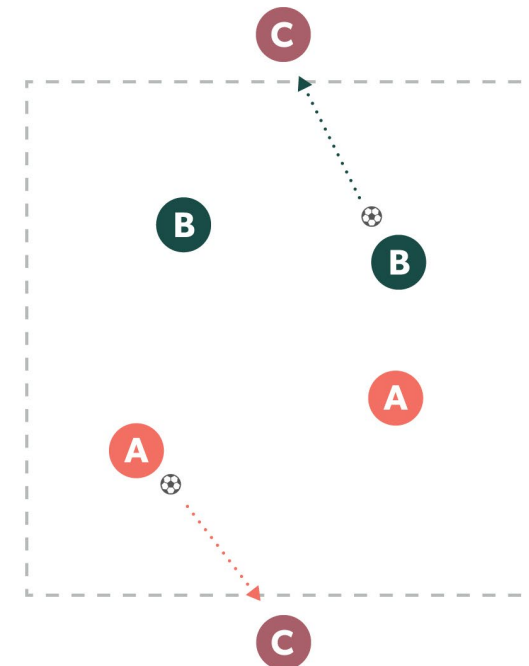
# SKILL INTRO

15 Minutes

# FIRST TOUCH

INTO SPACE

- 2 grids (20m x 15m)
- 3 games x 3 minutes
- A's work together to move the ball from one C to the other, B's same with their own ball
- Once all teams have had the opportunity within the exercise introduce scoring
- Players score by moving the ball from one C to the other
- Team with the most points at the end of 3 mins wins
  
- Quick scan to see where the space is
- Take the touch toward the space
- Find a good position in the area where there is space and your teammate has a line of pass



NEWCASTLE PERMANENT SKILL OF THE WEEK



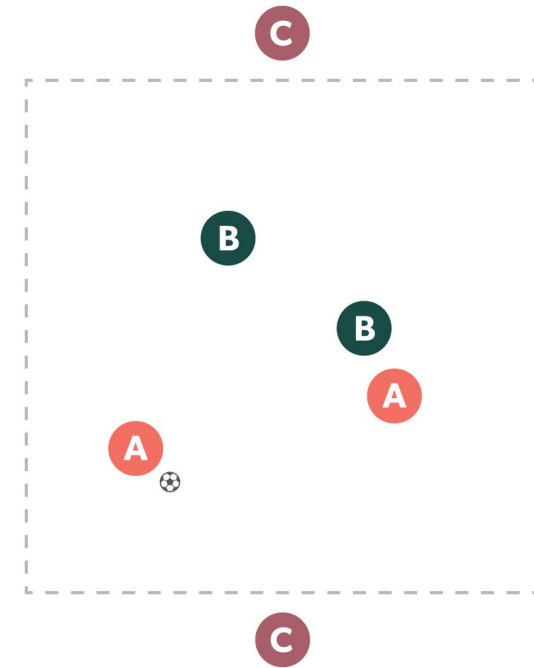
# SKILL TRAINING

20 Minutes

# FIRST TOUCH

INTO SPACE

- 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
- Include points from Skill Intro
- Can your first touch set up your next action?
- Can you use creativity with your first touch to deceive the opposition player?



NEWCASTLE PERMANENT SKILL OF THE WEEK



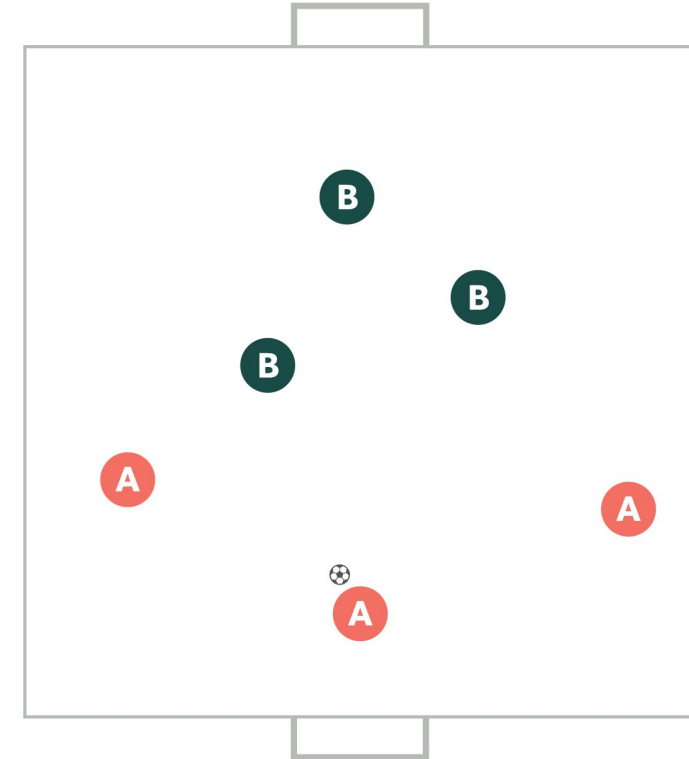
# SKILL GAME

25 Minutes

# FIRST TOUCH

INTO SPACE

- 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 into space



NEWCASTLE PERMANENT SKILL OF THE WEEK

