



# Session Plan



Topic (Session Objective)	First Touch - To improve our teams first touch, so that we can better control the football, giving players more time.				Comments and Evaluation
Date / Team					
S.E.T.U.P	Balls	Bibs	Markers	Players	
	9	4 Orange, 4 Blue, 1 red	20	9	
Skill Introduction			<p>Players in four or fives (reduces intensity)          Yellow player passes the ball to the orange player and follows their pass at speed.          The orange player uses their first touch to move the ball away from the yellow player and with their second touch passes to the blue player, and then jogs to the back of the opposite line.</p>		<p>Good pace on pass,          Take ball away from defender,          2nd touch pass to team mate</p>
Skill Training			<p>Positioning game with two touches as mandatory.          4 v 1 game.          Make angles, do not stand in corner,          move when ball moves.          Keep your body open to the field,          use body feints to disguise your intentions.</p>		
Skill Game			<p>Must take two touches, forces first touch.          Are we seeing a good number of first touches?          With odd numbers, add a joker.</p>		

## C.H.A.N.G.E. I.T