

St. Mary's Youth Soccer Training Series

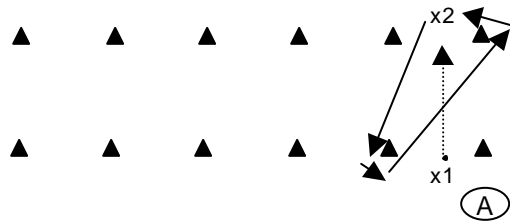
Topic: 1st Touch Control
Age/Level: All (modify as needed)
Type: Technical



Notes: Stay focused on technical points of 1st touch control. Players need to stay on toes and ready to move into FLIGHT of ball, decide what Surface to receive the ball with (foot, thigh, chest...), present the surface To the ball, don't let ball play the player, guide ball in direction chosen With soft touch and movement. Starts out basic, add movement, add Pressure, go to goal.

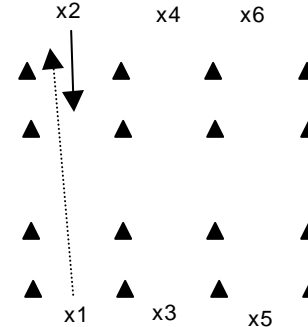


Progression: 1
 Exercise: Warm-up
 Time: 15-20 Minutes



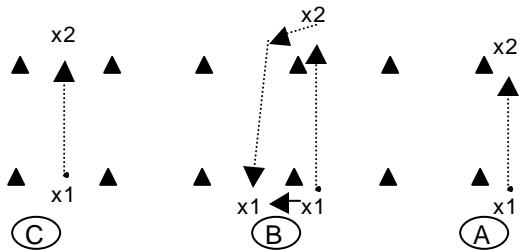
A. 1. Grids are set up at 6yds x 3yds. Warm-up cycles should be timed at 2-3 minutes between phases. X1 does toe taps on top of ball as x2 runs diag. around a cone and back pedals back around opp. Cone, X1 then passes the ball and they reverse roles. 2nd phase of warm-up is same thing except X1 starts doing inside of foot touches between feet. 3rd phase would have X1 juggling while X2 does run, then switch roles again. 4th phase would be trying to juggle back and forth between the players.

Progression: 3
 Exercise: 1st Touch Progression 2 Distance
 Time: 15-20 Minutes



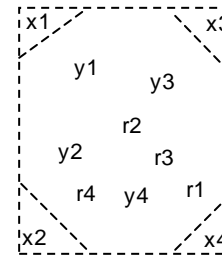
Grids, (2) 3yd. Zones ~ 10-30yds apart depending on level of players. Now we expand the distance and try same Exercises as progression 2 by kicking balls Longer in the air to partner to have quality 1st touch into small zone in front of them. Focus on 1st touch, not the long pass, vary distance based on level of players. Variations/Points: Are they using various parts of their bodies, are they moving into flight of ball, did they choose correct part of body, did they present surface to meet the ball, were they successful

Progression: 2
 Exercise: 1st Touch Progression 1
 Time: 15-20 Minutes



A. 1. Passing back & forth rt. Foot to rt. Foot, then switch to lt. foot. A. 2. Have them always receive the ball in front of the cone. B. 1. pass w/rt foot, receive with left ft. Must start from rt. Side of cone. Take ball w/first touch to other side of cone & pass back with rt. Foot. Repeat same exercise starting on other side of cone and passing w/lft foot, receive w/Rt foot. Emphasis should be on 1st touch, not the passing so much. Next step is to pass w/Rt foot and receive w/outside of right, then switch feet after rt. Foot interval done. C. 1. x1 start in center of channel w/partner across, X1 tosses ball w/hands to X2 to receive with thigh, then chest, then volley back w/both feet. Must control ball behind cones. Variation/Points to consider: add cone in middle of grid to create triangle, now go thru same cycle in step C, but have them always moving forward and controlling the ball within the triangle.

Progression: 4
 Exercise: Game Like, short corner/long corner
 Time: 15-20 Minutes



Grid size 25 x 35, (adjust to your teams ability) Game like situation playing 4v4v4, you can adjust numbers to handle any number of players, use neutral players if you have too, use additional wall passers if necessary. Object of this game is to play ball into x1-4 in a corner and have them control the ball completely in the triangle area, then they play to same team that played them the ball, they then look to play to any other corner player. Variations/Points: add 1 touch restrictions if team is doing well, have teams have to play to opposite side corner after playing into 1st corner, keep score by giving goal for maintaining possession from one corner to second corner. Focus on players 1st touch control and technical aspects.

Variation Setup



Progression: 5
 Exercise: Go to Goal
 Time: 15-20 Minutes

Use grid from progression 4 and adjust as necessary, remove corners and add (2) goals. Use GK's if you have them and play 6v6, 7v7, 8v8... Can either score by playing 1st touch ball to Gk or by shooting thru goal