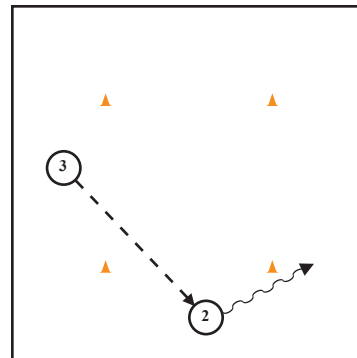
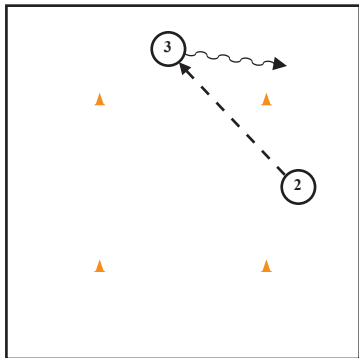


a

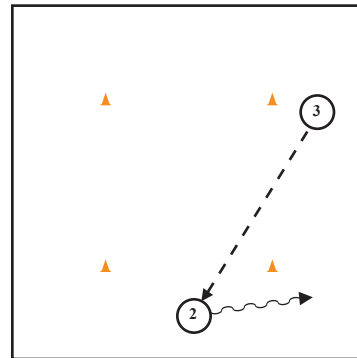


b

←~~~~~
touch and run
←-----
pass



c



d

Organization

2 players – 1 ball

12 yds x 12 yds space, 4 cones (4 yds between cones) creating four windows

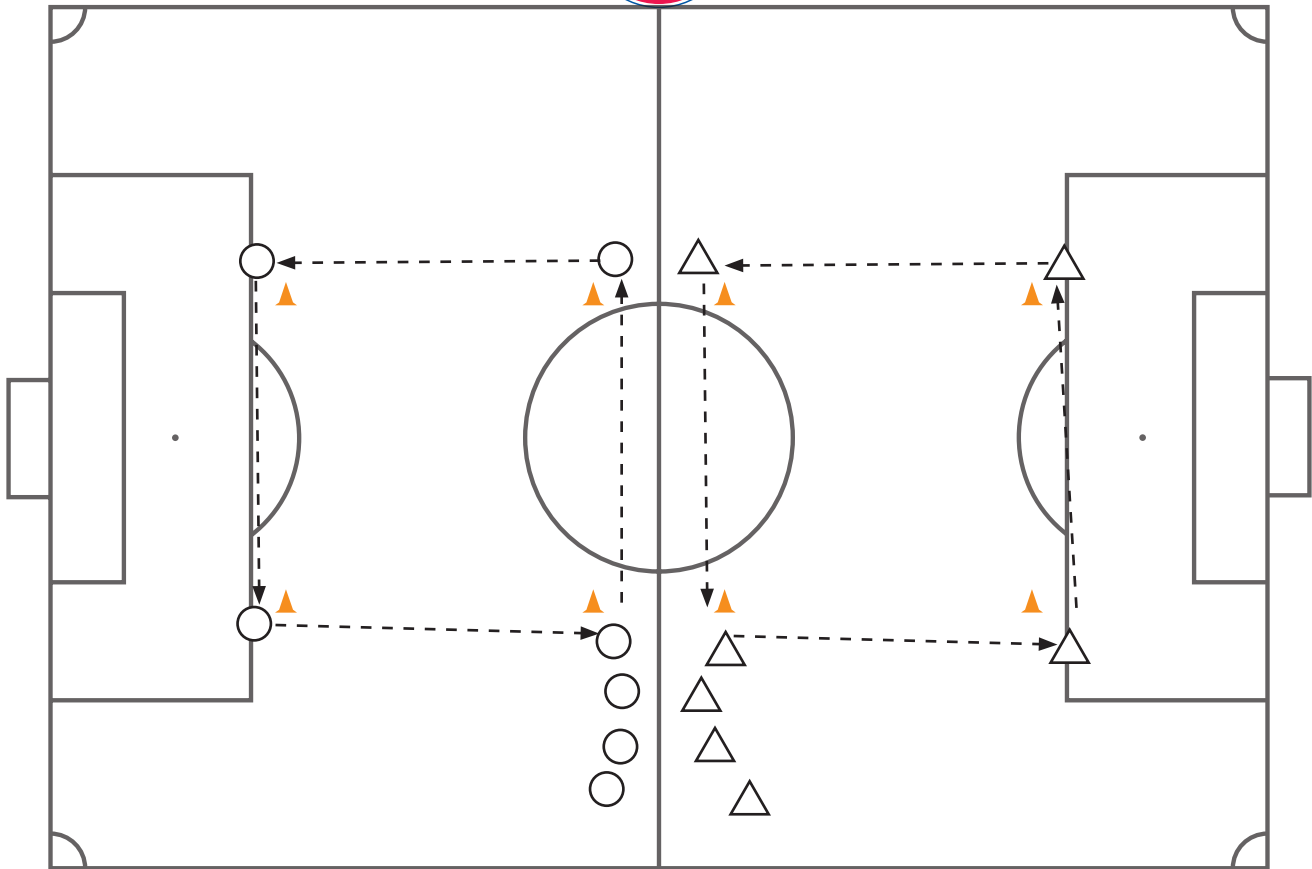
Description of Exercise

Each player is limited to two touches

Cannot receive ball and pass ball through same window

Purpose of Exercise

Player's first touch is to prepare for next touch through a different window



Organization

2 squares, 20 yards between cones

Equal teams – one player at cones 2, 3 and 4, with remaining players at first cone

Description of Exercise

Players limited to 2 touches

Both squares start at the same time

Players pass ball to right, follow pass and stay at cone until ball returns

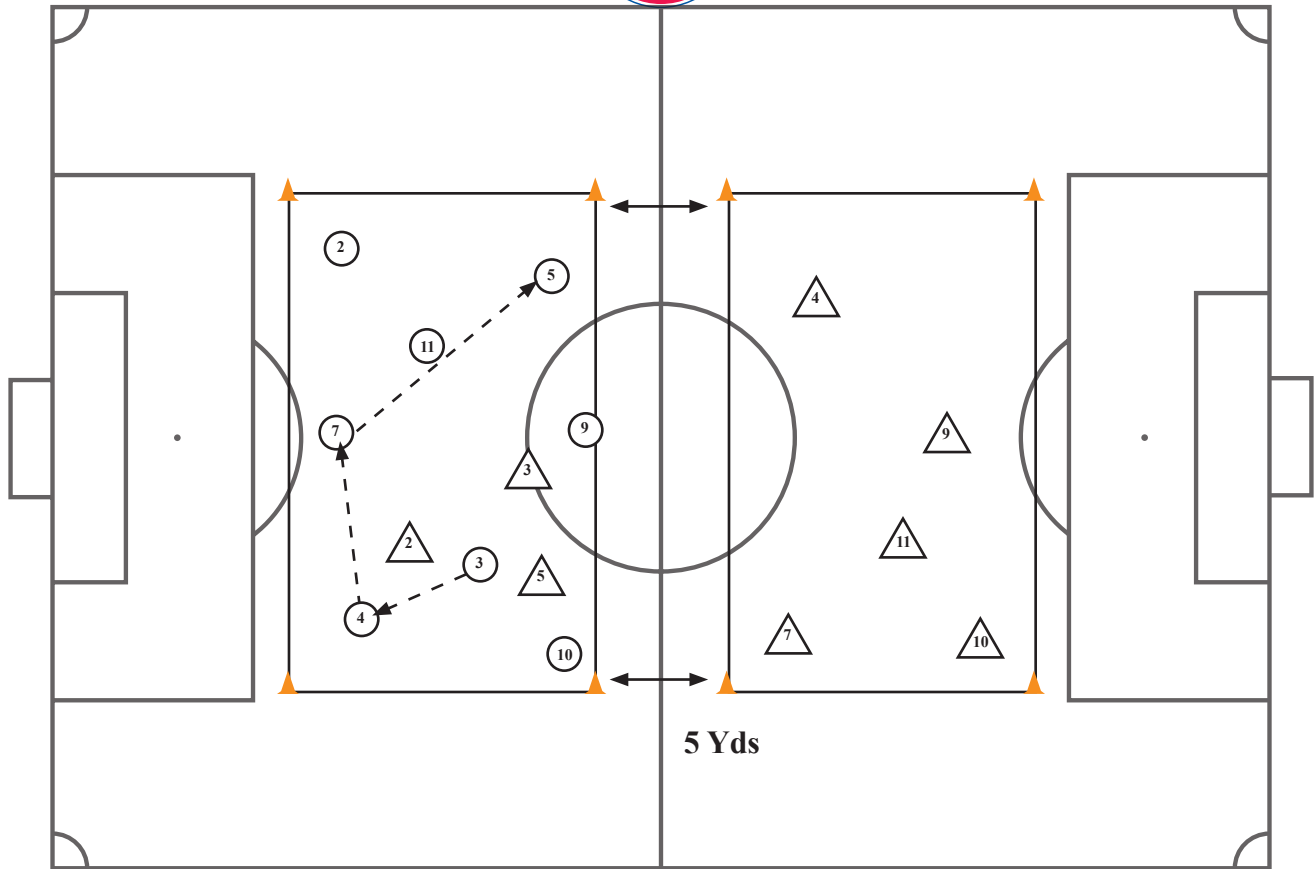
When all players get back to their original position and the ball gets back to the first cone, the teams sit down – First team to sit down wins

Purpose of Exercise

Players practice their first touch

Players look to their target before receiving ball

Players pass ball to teammate's front foot



Organization

2 grids, 20 x 25 yds, 5-yd space between grids

8 v. 3 in each grid

Description of Exercise

Team in possession strictly limited to two touches

○ team keeps ball away from △ in grid A.

When △ team wins ball, they transfer ball to teammates in grid B and run over to join them. Three players from ○ team also go over to defend.

Purpose of Exercise

Improving first touch of players

Getting players to play under pressure

Know what to do with the ball before receiving it