



COMPETITIVE GAMES TO DEVELOP FIRST TOUCH

Coerver Coaching

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In an effort to improve first touch, short passing and speed of play we have created a series of competitive games to provide multiple repetitions of basic skills in an action-packed environment. Below are samples of the games we use to develop first touch both technically and tactically.

In the games shown below, the players are taught specific commands to deliver to a teammate receiving a ball in a variety of situations. The commands are:

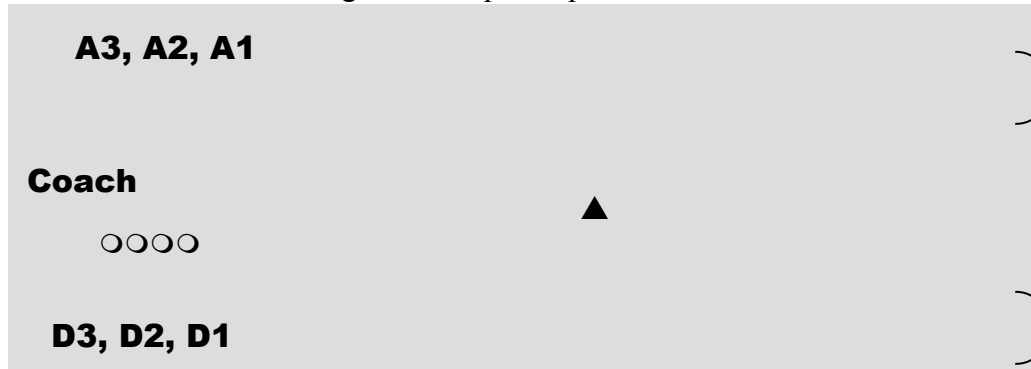
- A. **Turn and Go** – where there is space behind the receiver to attack,
- B. **Turn** – when there is space to face the defense; and
- C. **Hold** – when the defense is pressuring from behind.

By giving players specific methods of communication, along with technical training in the skill to be used, we ensure that their first touch is both tactically and technically correct. The players should have an opportunity to practice the skill without pressure before being put under pressure in these games. Games should last no more than 15 minutes.



A. Turn & Go Game

Two teams of three to five players. Using two Pug goals as shown below, A1 sprints out to central cone (approx 10 yards) and turns to receive pass from coach. Coach plays a pass to A1 and team A shouts “turn and go”. As soon as ball is played, D1 sprints out to defend. A1 must turn and score in either goal using two or three touches. Then A2 sprints out and D2 defends. Give each player three attempts and count goals then switch teams. Team with fewest goals does push ups.



Teaching Points:

- Coach should play firm ball that will roll beyond goals if not controlled
- Don't let ball roll past without a touch (make the ball play at your speed – not visa versa)
- A poor first touch should always put the attacking player under pressure
- A good first touch should always provide time to score on the second or third touch
- Footwork is just like turning and running without ball
- One touch to turn / one touch to go.
- Turns across body and behind standing leg are discouraged.
- Encourage first touch to be directly toward one of the goals.
- If first touch is with left foot shot should be with right and visa versa

B. Turn Game



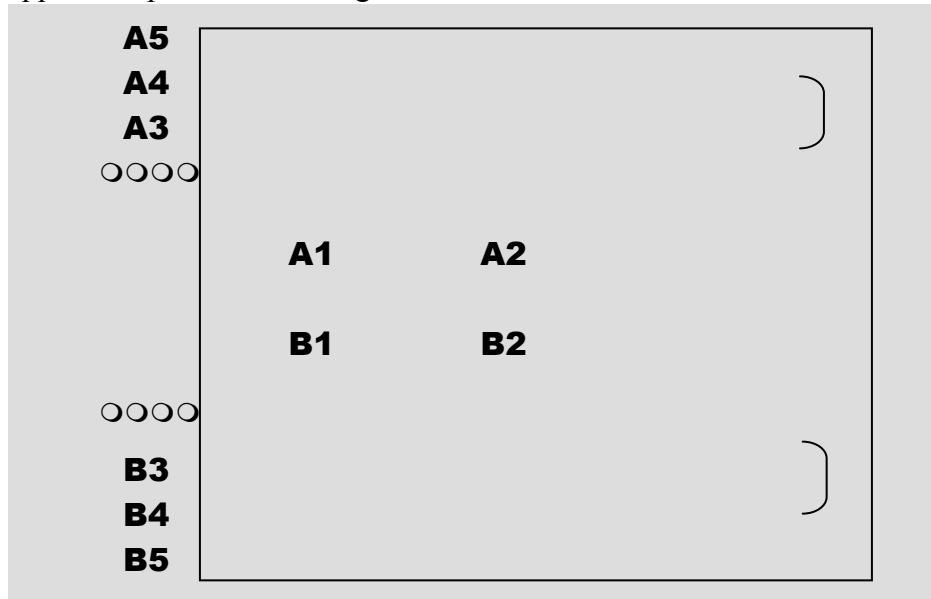
A1 sprints out to central cone (approx 10 yards) and turns to receive pass from coach. As soon as A1 arrives at cone, D1 sprints out to defend and Coach plays a pass to A1 and team A shouts “turn”. A1 must turn and score in either goal using attacking moves. Then A2 sprints out and D2 defends. Give each player three attempts and count goals then switch teams. Team with fewest goals does push ups.

C. Hold Game

In the same set up as above, Coach delays delivering ball until defender is close and yells “hold” instead of “turn”. Player must hold for 3 seconds, then a second attacker joins the attack.

3 v 2 “Play It In”

In a twenty yard grid, two teams of 4 to 6 players take turns attacking two pug goals as shown below. Each team starts with two players in the grid and the remaining players on opposite top corners of the grid with a collection of soccer balls.



A3 plays a ball in to a teammate and follows the pass to play 3 v 2 in the grid until a goal is scored or a defender (B1 or B2) can clear the ball out of the grid. As soon as either of those things happens, A3 leaves the grid and B3 plays a ball in to a teammate, joins the attack and Bs play 3 v 2 against As. Then the game repeats until either team has scored three goals. After three goals, four new players take the middle and another round of play begins. Count who wins most rounds.

Variations:

- Use large goal with goalkeeper instead of pug goals
- Play 4 v 3 with three in middle
- Limit touches and/or time
- Add third defender after 10 seconds
- Enforce offside rule
- Change point of entry pass

Teaching Points:

- Players on outside of grid must stay alert to get ball in quickly
- When making a pass, tell teammates to “hold” “turn” or “turn and go”
- Make dangerous runs to the goal for a quick counter-attack before the defense has a chance to organize
- Don’t make redundant runs. Use space so one attacker goes to goal and one attacker shows for a wall pass to spread defense
- Show for a pass and demand the ball with a hand gesture
- Make wall pass dangerous by following your pass with a run to goal
- Change the point of attack
- Take the first available shot and be prepared to transition quickly to defense.

Note: This game should be very fast paced. Balls should be played in quickly and transition play is critical. Players in the middle may tire quickly and scorekeeping may have to be adjusted according to the level of play.