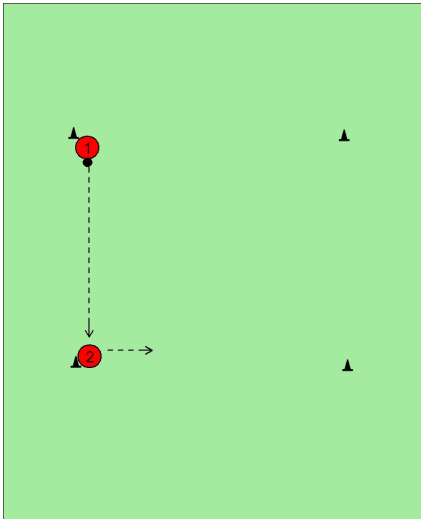




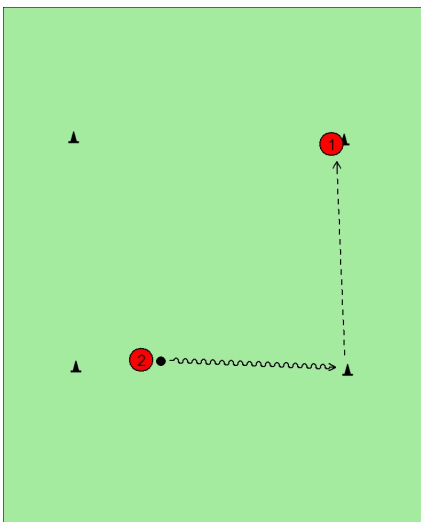
First touch and pass



How it works

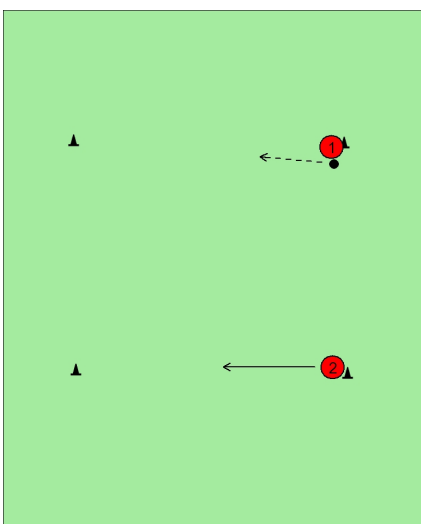
Player 1 passes the ball to Player 2 with a right footed pass.

On receipt of the ball Player 2 makes a first touch with the instep of their left foot to take the ball towards the other cone at their side of the square.



Player 2 then continues to dribble towards that cone whilst player 1 also moves across to their adjacent cone.

When Player 2 reaches the cone they must pass right footed to Player 1.



Player 1 receives the ball on their left foot and makes the first touch towards the other cone at their side of the square.

The drill continues with this first touch, dribbling and passing sequence. To change it around have Player 2 start the drill with a left foot pass from that side of the square so that Player 1 makes the first touch with the instep of the right foot.

Challenge the players to keep this sequence going with no errors for 30 seconds/1 minute. Which group can keep going the longest without an error?

Possible changes

The first touch could be made with the outside of the foot.

Player 1 could throw the ball so that Player 2 has to make an instep volley

towards the spare cone and then pass back to Player 1 who has also moved across. After 10 or more repetitions Player 2 could become the feeder of the ball. Feeds could also be made for chest control towards the cone.