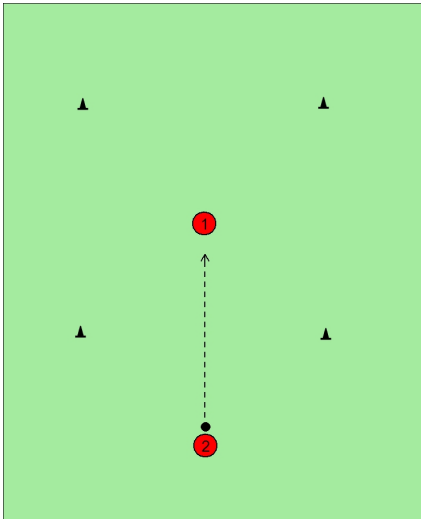




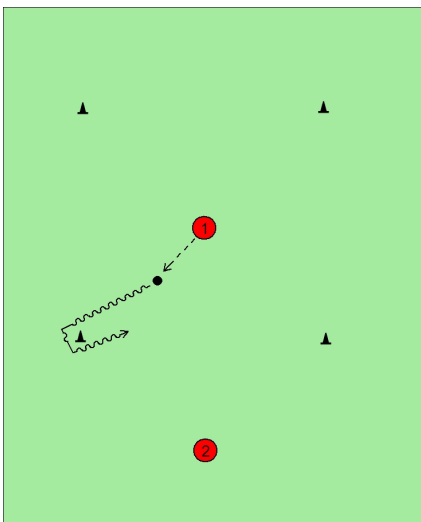
First touch square



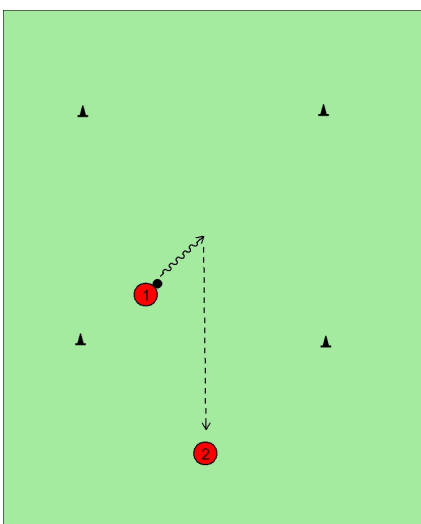
How it works

Player 1 stands in the middle of a grid. Each cone is given a number 1 - 4 or a name eg. a football team.

Player 2 passes the ball into Player 1 at the same time as calling out a number or the name of a cone.



Player 1 has to react to the call by playing their first touch towards that cone. They then continue to dribble the ball around the cone to return to the middle of the grid.



Then Player 1 turns and passes back to Player 2.

Player 2 then repeats the pass, calling a different cone number/name each time.

Reverse player roles after 10/20 attempts.

Possible changes

Player 2 can feed the ball in the air for Player 1 to control with knee, chest etc towards the named cone with their first touch.

Player 2 calls the number or name of the cone before passing the ball to give Player 1 more time to think about where to play their first touch.