



National Soccer Coaches Association of America



PRACTICE #22 DEVELOP FIRST TOUCH AND ONE TOUCH PASSING

WARM-UP: PLAYERS FORM A 3 PERSON TRIANGLE WITH 1 BALL. USE INSTEP OF EACH FOOT TO PASS FIRST TIME. 4-5 YD SPACING - DYNAMIC STRETCHING

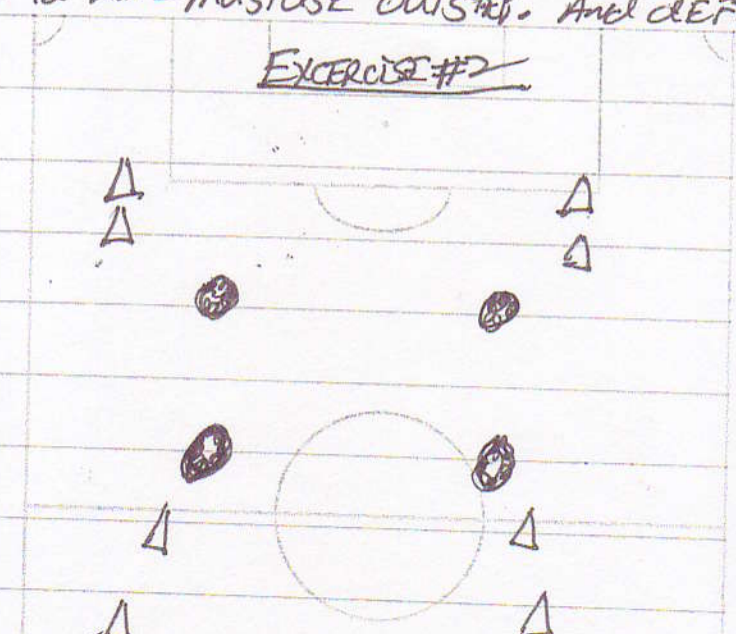
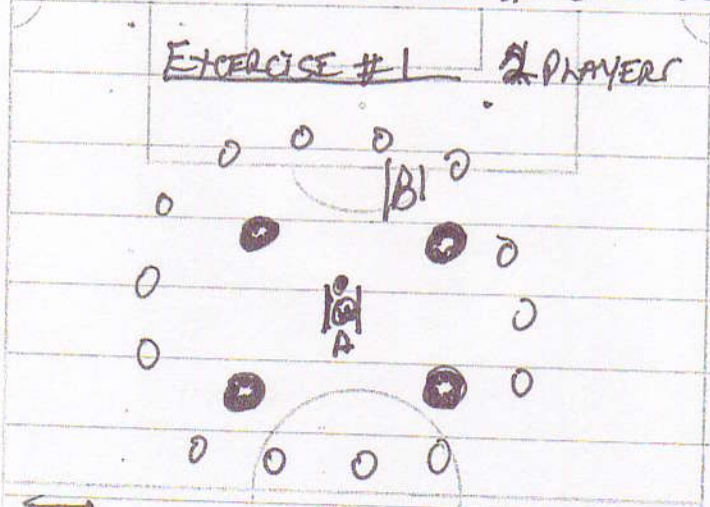
EXERCISE #1: (DIAGRAM) 4 CONE (THI) PLACEMENT. PLAYER B SERVES TO A IN 4 CONE ARE. PLAYER A MAKES LATERAL MOVE L OR R, REVERSE OR FORWARD TOUCH. MOVES OUT OF 4 CONES WITH 3 TOUCHES + PASS BACK TO B. - ROTATE PLAYER:

PROGRESSION: - PLAYER A MUST USE OUTSIDE OF THE FOOT - ALL DIRECTIONS - USE R. & L.

EXERCISE #2: - USE OF OUTSTEP, INSTEP + LACES TO DRIBBLE

PROGRESSION: DRIBBLE @ FULL PACE / PULL TURN IN REVERSE + RETURN.

SCRIMMAGE: ALL PASSES INSIDE 20 YD LINE MUST USE OUTSTEP. OFFENSE AND DEFENSE.



- CP:** FORWARD TOUCH + LATERAL TOUCH W/ INSIDE INSTEP. USE R. & L. FOOT
- PLAY THE BALL "SQUARE ON" W/ 1st TOUCH
- ATTACKING PLAYER PRACTICES BODY MOVEMENT / FAKES - DROPPING SHOULDER, ETC
- PRACTICE UPRIGHT BODY POSITION.
- CP:** UPRIGHT POSITION + TURNING.

- 4 ~~PIECES~~ CONES W/ 2 PLAYERS PER ONE
- DRIBBLE TO CONE + AROUND CONE W/ OUTSIDE OF FOOT R. & L. / INSTEP R. & L. / LACES R. & L.
- ROTATE TO EACH CONE
- CP:** UPRIGHT POSITION + PLAY SQUARE ON