



National Soccer Coaches Association of America

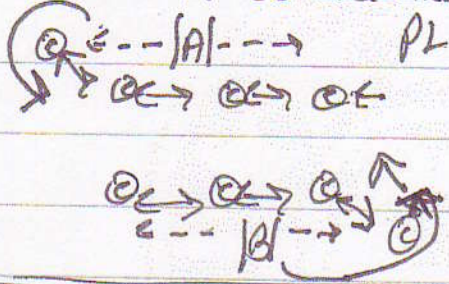


PRACTICE #29: FIRST TOUCH MOVE & PLAY + TAP-TAP SHOOTING

WARM-UP: SERPENTINE DRIBBLING AROUND 3 CONE FORMAT - DYNAMIC STRETCH

EXERCISE #1:

- CP: 1 TOUCH AND ROLL-OUT + PASS
- 1 TOUCH 1.5 YD LATERAL & PASS



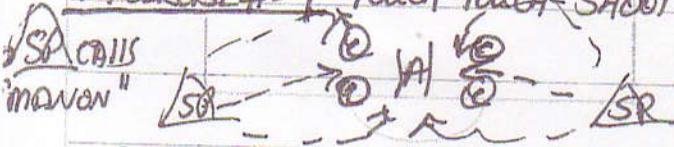
- PLAYERS |A| & |B| PASS BACKS W CONES 1.5 YDS APART & 2 YDS ACROSS
- SQUARE ON PASSING & 1/4 TURN RECEIVING.
- TAKE 1 TOUCH RECEIVING AND PASS BACK BETWEEN NEXT 2 CONES.

EXERCISE #4: TAP-TAP-FINISH | SET UP ↑ 2 FLAGS PER POST ON GOAL

PLAYERS START AT MIDFIELD + ATTACK, DEFENDER STARTS FROM GOAL POST.

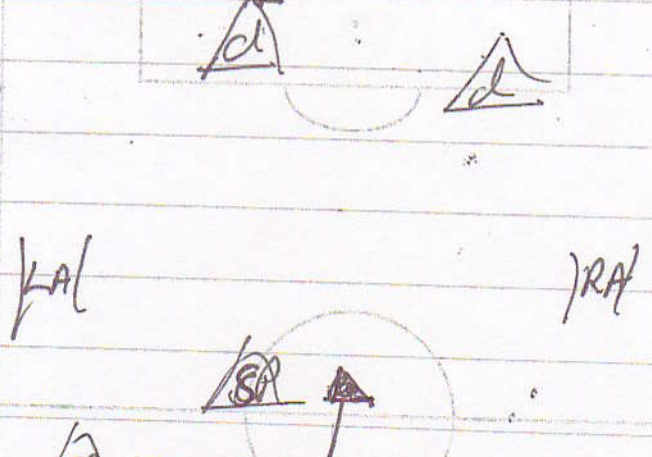
- ATTACKER PLAYS TOUCH-TOUCH SHOOT |V| ON DEFENDER.
- PROGRESSION: ATTACKER MUST GO AROUND 2 FLAGS + DEFENDER CANNOT START UNTIL ATTACKER REACHES FIRST FLAG!

EXERCISE #2: TOUCH-TOUCH SHOOT.



- 2 DEFENDERS 1 ON EACH POST ALTERNATE
- ATTACKER RUNS IN TO 4 CONE AREA
- SR SENDS BALL TO |A| IN 4 CONE AREA FROM FRONT, BACK + BOTH SIDES.
- |A| TAKES TOUCH-TOUCH IN 4 CONE AREA, THEN CHOOSES A DIRECTION AND CAN SHOOT FROM OUTSIDE THE CONES.

EXERCISE #3: 3 V 2 - LAYING OFF



- SR SENDS BALL TO RA OR LA WHOM LAYS BALL OFF TO SR ON 1 TOUCH
- SR SHOOT. REVERSE SIDE / ROTATE PLAYERS

CP: 2 TOUCH AND SHOT

- PLANT FOOT + TOUCH FOOT
- STRIKING THE BALL
- ROLL FORWARD
- ROLL OUT / CORNER
- TOUCH BACK PULL + ROLL + SHIELD

PROGRESSIONS: DEFENDER CANNOT ENTER 4 CONE AREA UNTIL 2 TOUCHES

- THEN ~~ROLL~~ TOUCH

CP: COACH 1 TOUCH CONTROL + LAY OFF.

- TALK ON FIELD - CALL "MAN ON"
- TIME TO HANDLE + TIME TO SHOOT
- USING CORRECT FOOT TO PASS