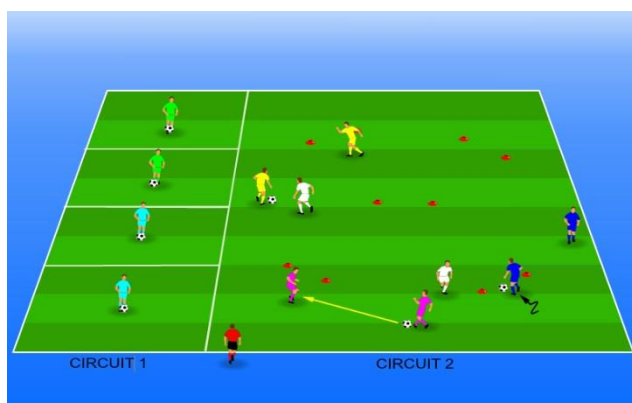


# SKILL ACQUISITION PHASE: FIRST TOUCH

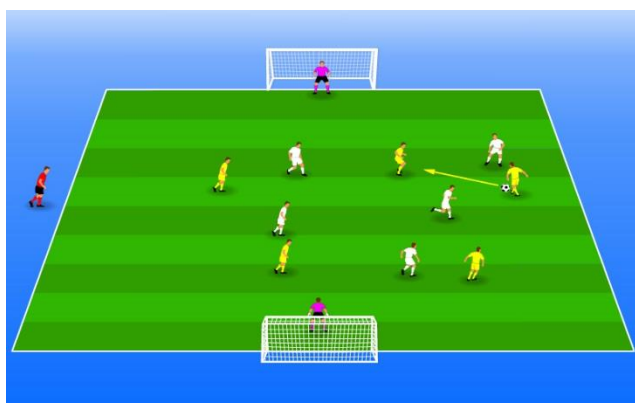
## Suggested equipment list:

16 cones, 10 balls, 2 mini goals, 2 portable goals (age-specific) and 6 sets of bibs (alternatively separate based on shirt colour)



## FUNctional Activity: 'First-Touch Circuit'

- Split players into pairs
- CIRCUIT 1 – Players attempt to juggle the ball within their own area
- Consider rules applied (e.g. one bounce allowed per touch)
- CIRCUIT 2 – In pairs, attackers will keep possession of the ball and attempt to take their first touch through a gate to receive 1 point
- One pair will be defending and attempt to win the ball off attackers and run the ball through any gate to become an attacking pair
- The two pairs that have the most points after a 2-minute period, switch with the two pairs in CIRCUIT 1 and sequence repeats
- Ensure different pairs are being rotated through CIRCUITS



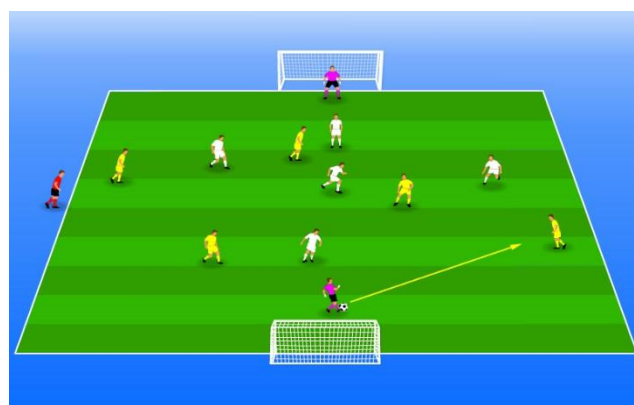
## Recognition Phase: Game

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a goal is scored after every player on the team has touched the ball
- Create one or two games



## Intervention: Skill breakdown

- Two groups of attackers and defenders
- Attacking team starts with the ball in a 3v1 and will attempt to take the ball into the end zone to score in goal past goalkeeper
- If the attacking team takes the ball into the end zone with a player's first touch and it leads to a goal, they receive 3 points
- A dribble into the end zone leading to a goal is worth 1 point
- Once the ball enters the end zone, it becomes a 3v2
- If defenders win the ball, they must score in goal at opposite end to receive 2 points
- Rotate role of players frequently



## Evaluation Phase: Free Game

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game