



The First Touch That Travels

Session 2 • Individual technique • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Landing Zone Grid

0:10 – 0:25 • 15 MIN

The Three-Door Room

0:25 – 0:40 • 15 MIN

End Zone First Touch Game

0:40 – 0:55 • 15 MIN

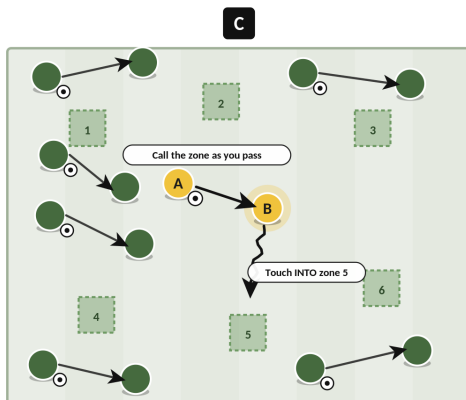
Two-Touch Middle Third

0:55 – 1:00 • 5 MIN

Player-led review

2.1 LANDING ZONE GRID

Warm-up • 10 min



THE TOUCH HAS A DESTINATION • NOT A TECHNIQUE

SET UP

- 26 × 20 m grid. Six 2 × 2 m landing zones marked with flat markers and numbered 1–6, spread asymmetrically so no two are the same distance apart.

RULES

- One touch to reach the zone. If it takes two, it doesn't count — let the pair police it themselves.
- Maximum three touches per possession from minute 6.
- From minute 7, only the called zone scores.

COACH IT

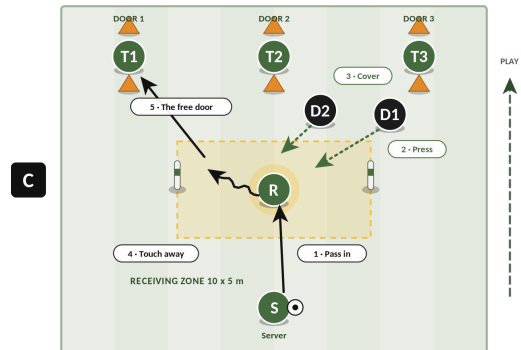
- Technical: Choose the receiving surface before the ball arrives — inside foot to redirect across the body, outside foot to push into a wide space, sole ...

SAY

- Be precise and let the pair police it: First touch. If you needed a second one, it doesn't count.

2.2 THE THREE-DOOR ROOM

Technical practice • 15 min



ROTATION: R → the door they used • that target → S • S → D1 • D1 → D2 • D2 → R

SET UP

- Two stations, each 22 × 18 m, along the far touchline with 5 m between them.
- Per station: a 10 × 5 m receiving zone with a pole at each side; three 3 m doors along the far end at ...

RULES

- 1 point for a clean pass received by a target inside their door. 2 points if the first touch alone took the receiver clear of both defenders.
- 1 point to the defenders for a win, an ...

COACH IT

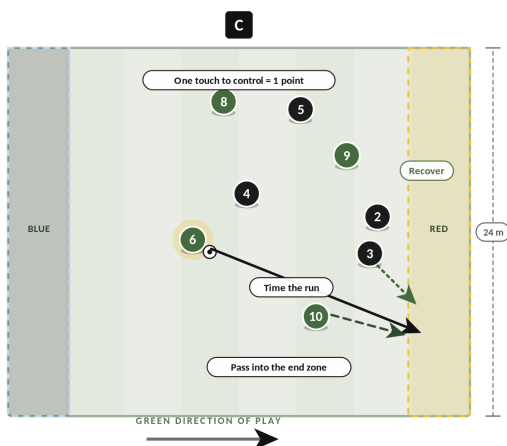
- Technical: First touch travels 1–2 m into the space between or beyond the defenders. Surface chosen for the job: inside foot to move across the body ...

SAY

- Where were both defenders when the ball came? Where were they NOT? Make them describe the empty space ...

2.3 END ZONE FIRST TOUCH GAME (4 v 4)

Skill game • 15 min



SET UP

- Two pitches, each 30 × 24 m, side by side with a 5 m corridor between them. A 4 m end zone marked across the full width at each end.
- Per pitch: 16 flat markers, 4 red bibs, 4 blue ...

RULES

- 1 point for a pass into the end zone controlled by a teammate with one touch. 2 points for a weak-foot control, or a control that leaves the player facing forward. No points if a second touch is needed to ...

COACH IT

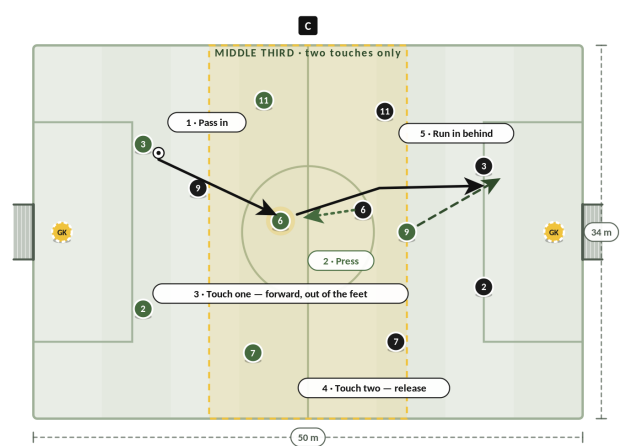
- Technical: The controlling touch is taken while moving, not from a standstill. Cushion, don't block. Use the foot furthest from the nearest ...

SAY

- Between games: How many points did our zone-camper score? Why not? If it persists, rule that no ...

2.4 TWO-TOUCH MIDDLE THIRD (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. An 18 m middle third marked across the full width with flat markers.
- Four spare balls in the back of each goal.

RULES

- Goal = 3 points. Bonus = 1 point for a two-touch sequence in the middle third ending in a forward pass that beats an opponent.
- Two touches inside the middle third, unlimited ...

COACH IT

- Technical: First touch travels out of the feet and, where possible, forwards. Receive with the foot furthest from pressure. Pass off the second touch ...

SAY

- For two minutes, rule that the ball must be touched in the middle third before a goal counts. Then ...