

**No. of Players:**

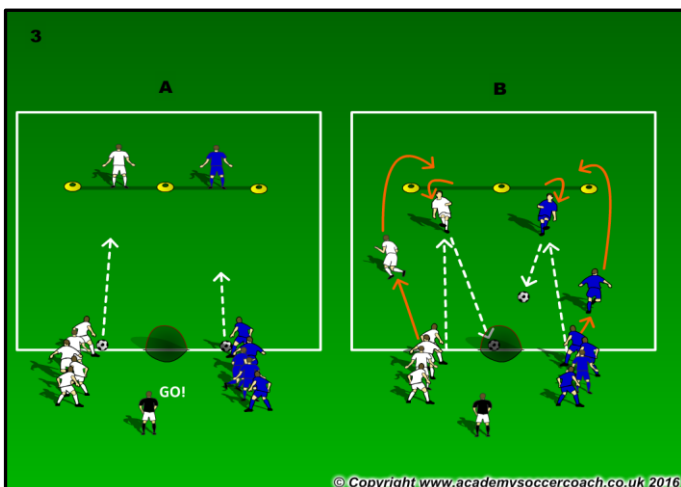
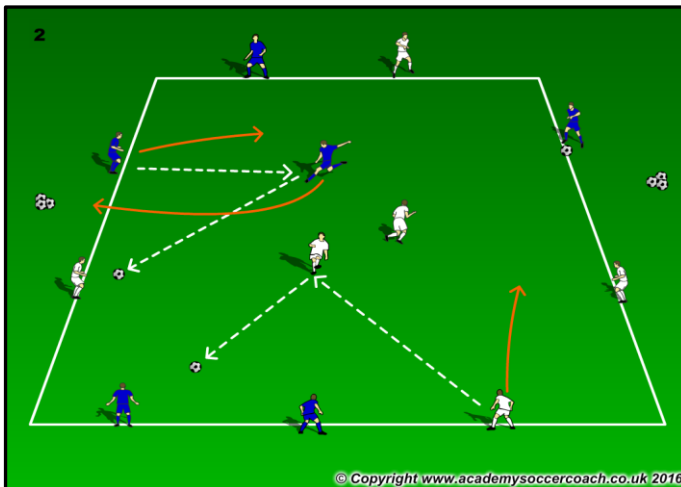
- 12-16.
- Divided into two colours for the concluding competition.

**Area Size:**

- 20m x 20m.
- Have spare balls ready.

**Explanation:**

- *Immediate engagement - For 1 minute, get into pairs with a ball and practice first time passes (one player at a time).*
- Next, set up as shown (1). Any three players on the inside, the rest around the outside. Three balls are required.
- To begin, players on the inside ask to be played a ball.
- The outside player passing the ball in, passes in a way that can be struck first time by the receiver.
- The inside players then strike the ball first time to a free player on the outside.
- Only players on the inside are allowed to strike the ball first time. Outside players must take a touch before passing.
- Players that pass into the area, move inside the area after passing. Players that pass out of the area, move to the outside.
- **Progressions:**
- Encourage players to strike with both feet.
- Can players use deception, feints, let the ball run, drop the shoulder, etc. prior to striking the ball.



**Concluding Competition:**

- Set up as shown (3A).
- A player from each team starts between the cones with their backs turned.
- On the Coach's call, the ball is passed in towards the waiting players.
- The waiting players turn and strike the ball first time, aiming for the goal (3B).
- The team that scores first gets the point.
- Rotate through the players and keep score.



**Area Size:**

- 35m x 25m.

**Explanation:**

- Divide players into three teams. Blues & Whites inside the area and Reds on the outside in the positions shown **(4)**.
- Both teams are attacking the goal. Only goals scored using one touch will count (first time finish) **(5)**.
- With every turn-over of possession, the ball must be passed to an outside player or the Coach before your team can attack the goal **(6)**.
- All restarts and Goalkeeper possessions, begin with the Coach playing a new ball in.
- Swap the teams with every goal, the winner staying on.



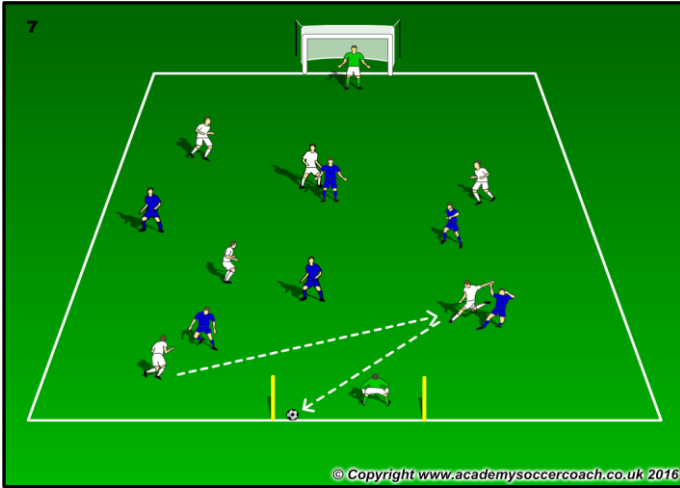
**Step Up:**

- 1 or 2 touch only.

**Step Down:**

- Outside players can come inside the area when in possession to create overloads.





**Area Size:**

- 30m x 50m.
- Divide players into two teams.

**Explanation:**

- Set up both teams in a balanced formation e.g. 3-3.
- Normal game, however players need to score with a first time finish.
- Swap the teams at the halfway mark.

**Progressions:**

- For the last few minutes of the game, take away the restrictions but award 'bonus goals' for a first time finish.

**Step Up:**

- 1 or 2 touch only.

**Step Down:**

- Use neutral players to create an overload.

