



1st TOUCH FOOTBALL DRILL Inside The Square (group)

Aim:

- For players to develop their 1st touch so the ball goes exactly where they want it, making their next move, whether it be, to beat a defender, pass to a team mate, shoot or dribble, simple, fast & effective.

Organisation:

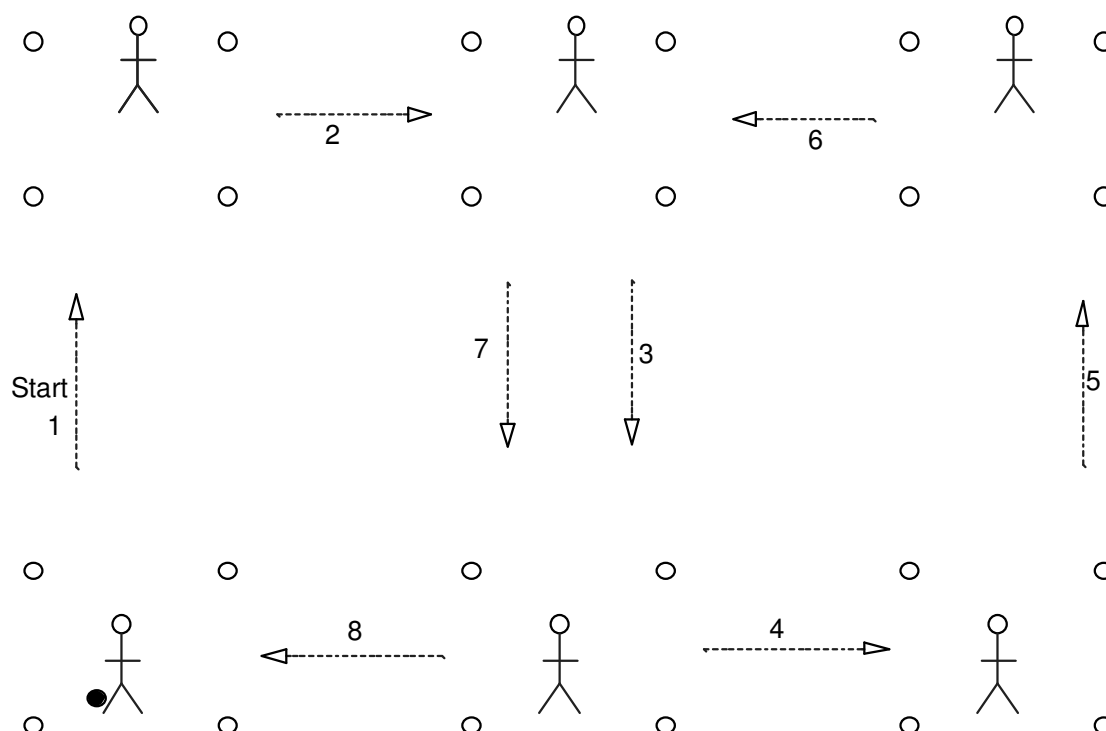
- Cones approx 1.5m apart forming each square x 5m between each square.
- 1 player per square, 1 ball to start.

Rules / Instructions:

- 1st player to pass the ball to 2nd player who takes his 1st touch without the ball leaving their square. They then pass to the 3rd player & so on, as per the dashed lines in the diagram.
- Once at the end go back the other way.
- Aim for players to complete each move in 2 touches, ie: 1st touch then pass.

Key:

- Dashed line = pass.



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Continued:

Variations:

- Vary the size of each square & the distance between each square to make it easier or more difficult.
- Start with 1 ball & add extra balls as required.
- After passing the ball the player can then run to the next square, therefore creating a natural rotation as well as putting moderate pressure on the next player.
- Players can pass in any direction.