



1st TOUCH FOOTBALL DRILL Inside The Square (pairs)

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:

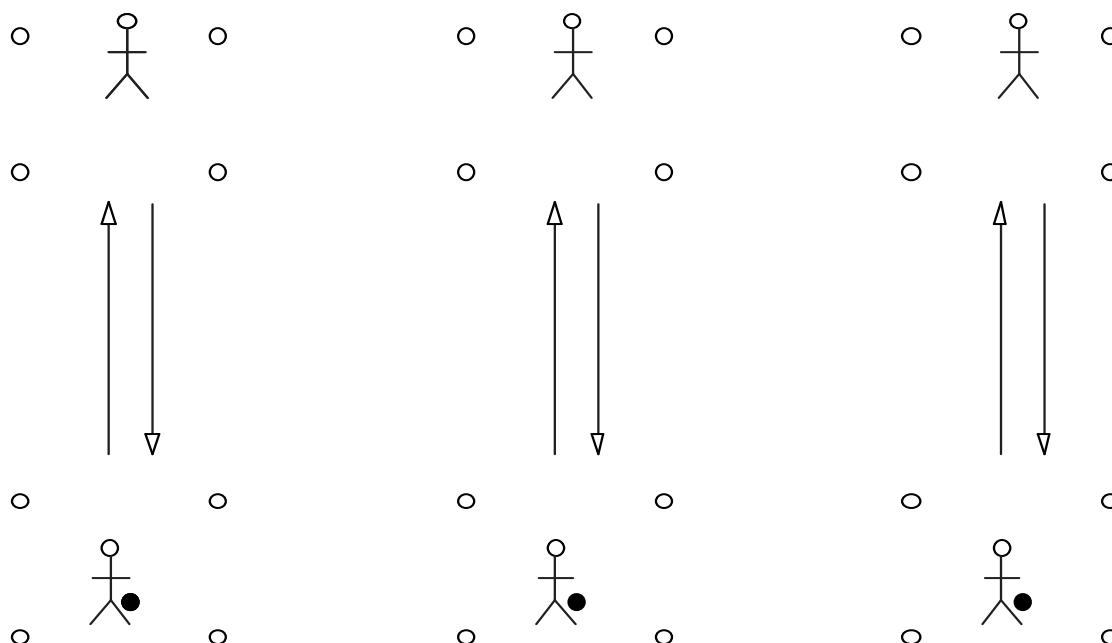
- Cones approx 1.5m apart forming each square x 5m between each square.
- 1 player per square, 1 ball per pair.

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 back to the 1st player & so on.
- Aim for players to complete each move in 2 touches, ie: 1st touch then pass.

Key:

- Unbroken line = pass.



Variations:

- Vary the size of each square & the distance between each square to make it easier or more difficult.