



1st TOUCH FOOTBALL DRILL The Crab

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:

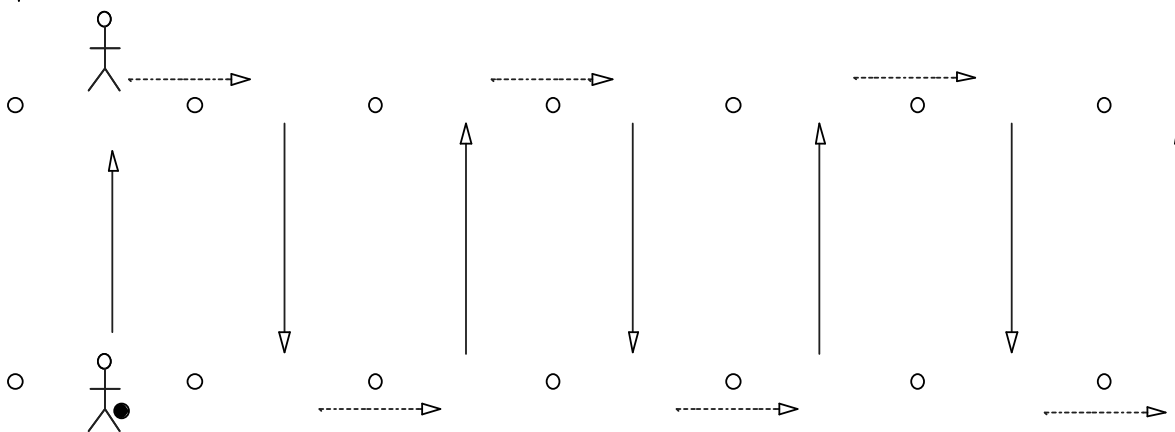
- Cones approx 1.5m x 5m apart.
- Players to be in pairs at the start, 1 ball per pair.

Rules / Instructions:

- 1st player to pass the ball between the gates to 2nd player who then takes a touch to the side & then passes it through the next gate back to team mate & so on till the end.
- At the end players swap sides & return to the start, therefore using their other foot.
- Aim for the players to do each movement with 2 touches, ie: touch sideways then pass.

Key:

- Unbroken line = pass.
- Dashed line = 1st touch sideways movement.



Variations:

- Vary the distance between the gates & the players to make it easier or more difficult.
- To bring game reality in, have groups of 3, start with 2 players at one end & 1 at the other, as each player passes the ball they chase it through putting moderate pressure on the player receiving the ball. The players will naturally progress through the drill.