

## SESSION PLAN: TECHNICAL



## PERFECTING FIRST TOUCH

### Warmup Phase

1. Team Jog + Dynamic Stretch Routine
2. Passing & Receiving
  - > "USA" Drill
    - Start with players using "away" touch
    - Progress: Trap-Turn-Dribble Away
    - Progress: Trap-Cut w/outside of foot-Pass

### Technical Phase

1. Passing & Receiving
  - > "3-2-1" Drill
2. Passing & Receiving
  - > "2-Line Pass and Move"

### Tactical Phase

1. Game of "Keepaway" (10 mins.)
  - > small grid to start
  - > progress to bigger grid
  - > initiate touch restrictions
    - 3-Touch requirement (*players MUST touch ball 3 times upon receiving it*)
    - 3-Touch max
    - 2-Touch requirement (*players MUST touch ball twice upon receiving it*)
    - 2-Touch max
    - 1-Touch
2. Game of "Line Soccer" (30 mins.)
  - > touch restrictions to start
    - 3-Touch requirement
    - 3-Touch max
    - 2-Touch requirement
    - 2-Touch max
    - 1-Touch
  - > end with no touch restrictions
3. Scrimmage with 2 teams (25 mins.)
  - > play with regulation goal on one endline, 2-3 cone goals on opposite endline
  - > touch restrictions to start
    - 3-Touch requirement
    - 3-Touch max
    - 2-Touch requirement
    - 2-Touch max
    - 1-Touch