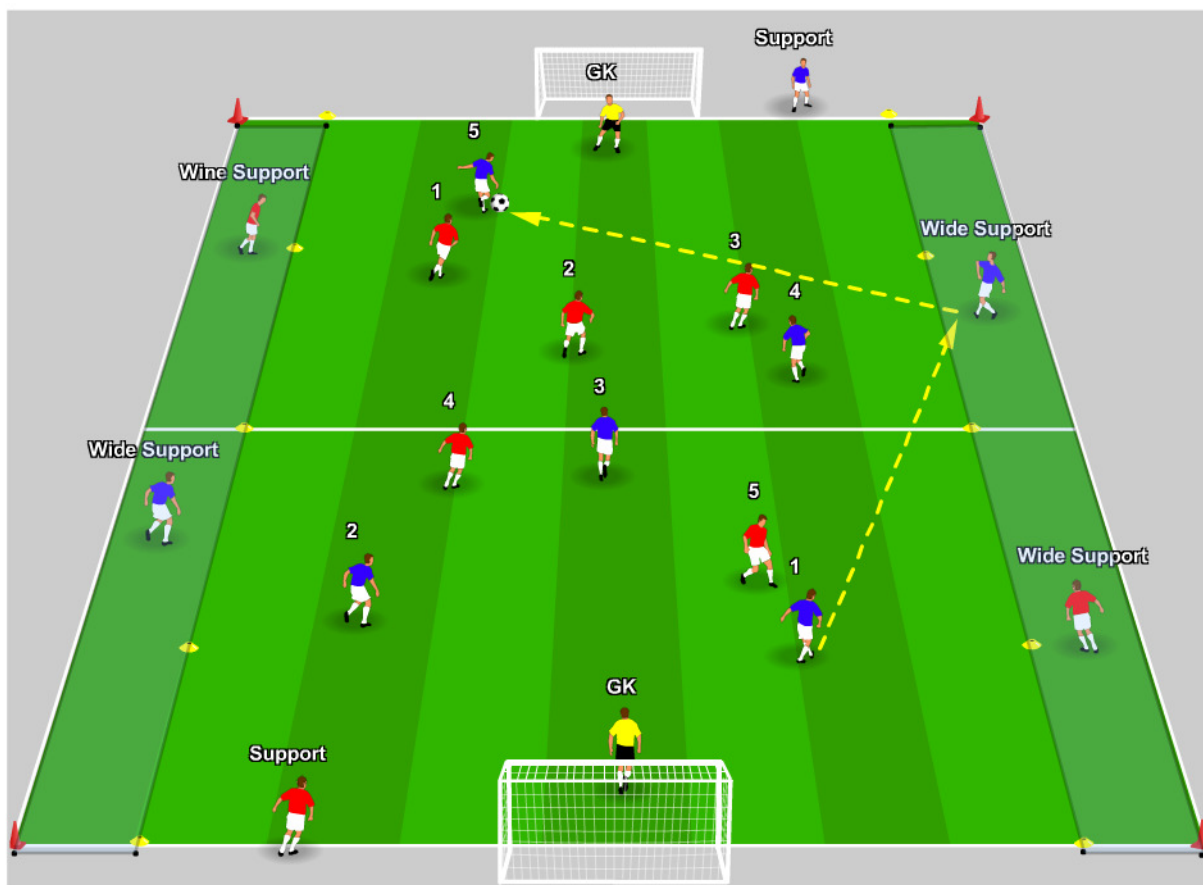


Improving One and Two Touch Play



Date: 3 March 2010

Measurement: 60 x 40

Time: .

Players: 17 - can be less

Duration: 25 mins

Level/Age Group: 10+

Description: SSG played in 2 halves with supporting players around the area. Each team play within their own half and must play the ball to one of their supporting teammates in the attacking half before they can score. Supporting players have 1 touch, usually to set up a 1 touch finish on goal. Rotate player positions.

Objective: To improve one and two touch play using awareness and focusing on quick thinking, quick and early foot positioning, support and finishing.

Coaching Points: 1. Thought processes on and off the ball. 2. Feet and body positioning before receiving the ball. 3. Quality of passing, especially weight of pass if 1 or 2 touch condition. 4. Quality of support and movement off the ball. 5. Quality and speed of finishing. 6. Effective team play.

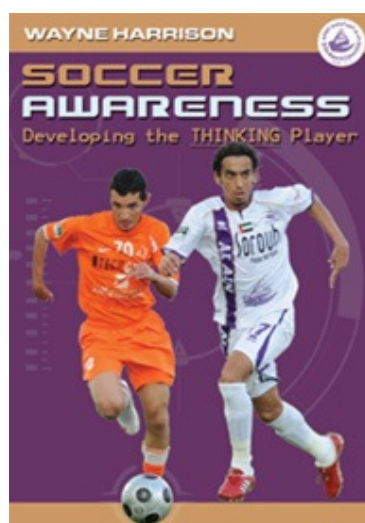
Progression: Player from defensive half passing into attacking half can advance into attacking half for attacking support.

Notes:

The Small Sided Game was taken from Soccer Awareness Book

By Wayne Harrison - 400 pages of unique insight into training players to think and make decisions quickly both on and off the ball.

Chock full of exercises with clear illustrations, coaching points and progressions, this is a very "usable" coaching book. Also includes Wayne's revolutionary Continuums of Development Model of player assessment, which will help you identify your players' strengths and weaknesses and target problem areas in your training sessions.



Purchase the book

Rest of the World Shop:

<http://shop.soccertutor.com/Soccer-Awareness-Developing-the-Thinking-Player-p/b152.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Soccer-Awareness-Developing-the-Thinking-Player-p/b152.htm>

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