

US Youth Soccer Europe

Five backyard activities to improve your first touch

ACTIVITY 1

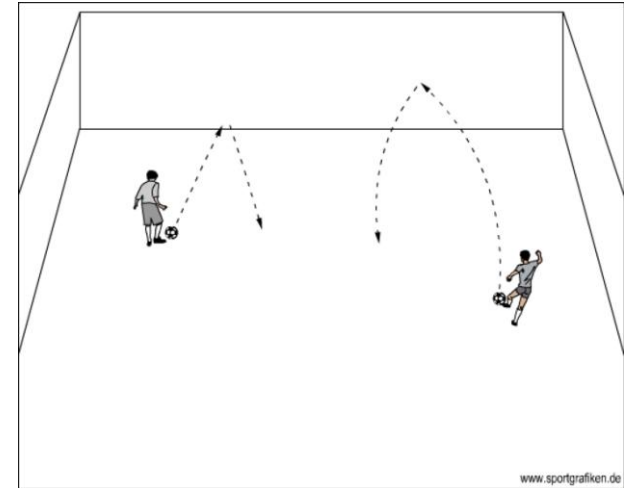
- * Pass the ball against the wall with pace
- * As the ball comes back take a touch and pass it back
- * As you progress, pass the ball at an angle so you are forced to move when it comes back
- * As you progress chip the ball against the wall and try to control it as it comes back
- * As you progress take the first touch with the inside and outside of the foot on various angles to the patch of the ball coming off the wall (45, 90, 180, 270, 360 Degrees)

Coaching Points

- * Stay on the balls of your feet
- * Get in line with the ball
- * Use both feet – TRAIN BOTH FEET AT ALL TIMES
- * Take the first touch into a direction (change direction)

Question to ask yourself

How many different parts of your feet/ body can you use to receive the ball?



ACTIVITY 2

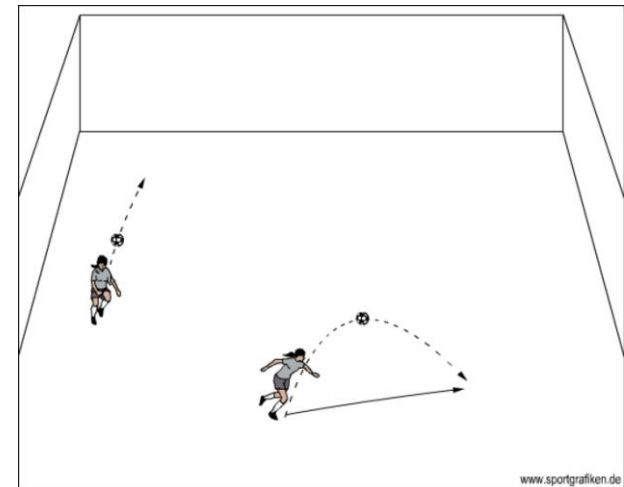
- * You juggle the ball and every 4 to 5 touches you kick the ball up high
- * As the ball comes down try to bring it down under control
- * Progress to bringing it down then immediately dribbling with it
- * Progress to kick it away from your proximity so you have to move to bring the ball down.
- * Progress to bringing it down but don't allow the ball to touch the ground

Coaching Points

- * Get in line with the ball
- * Make an early selection of body surface to control the ball
- * Relax body part on impact
- * Keep your eye on the ball

Question to ask yourself

When dribbling away with the ball when you receive it what else can you add to make it game realistic?



ACTIVITY 3

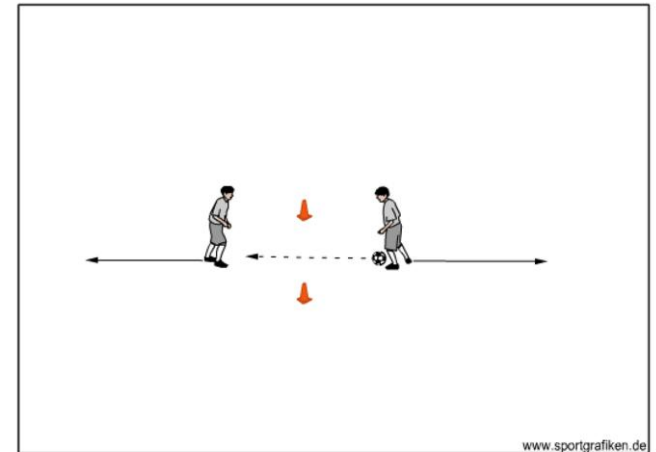
- * You will need a friend or a parent to participate in this game.
- * Set two cones about 2 yards apart.
- * The first player passes the ball through the cones to the other person
- * As you pass the ball you start moving backwards
- * The receiving player takes a touch and then passes back through the cones.
- * See how far you can move back before one player knocks down a cone and then start again

Coaching Points

- * Turn your body at an angle as you move backwards
- * First touch needs to lead you into your pass

Question to ask yourself

How can you challenge your team mate who is receiving the ball?



ACTIVITY 4

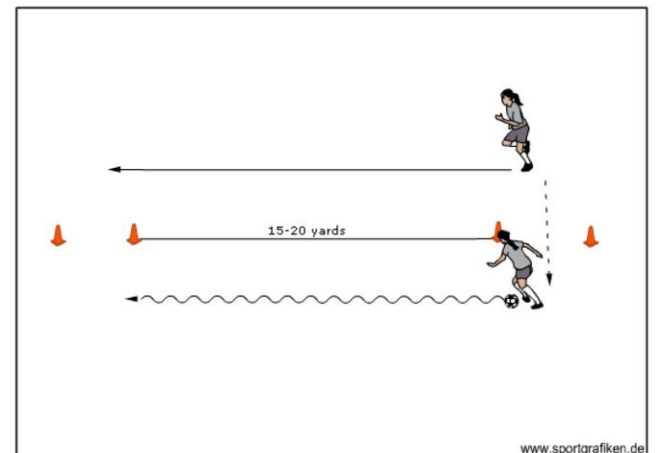
- * Players stay in pairs and pass between two cones
- * Two other cones are set up approximately 15-20 yards away
- * Players pass the ball between one set of cones
- * On one player's discretion they then knock the ball out of their feet and dribble to the other gate
- * The player without the ball tries to get to that gate before the person with the ball
- * The player that reaches the gate first scores a point
- * Switch roles after 5 attempts

Coaching Points

- * Open your hip / body position
- * First touch needs to go into game direction when you take it away

Question to ask yourself

How can you beat your team mate when dribbling the ball to the other cone?



ACTIVITY 5

- * Players stay in pairs
- * Set up four cones approx 1.5 yards apart from each other
- * Players pass the ball between the middle set of cones
- * Receiving player has two touches and receives the ball towards one of the outside set of cones
- * With his next touch, he passes it thru the next set of cones back.
- * Two touch limitation and you cannot pass thru the same set of cones the ball came thru
- * You receive a point for each proper received and passed ball
- * Who gets to 15 points first

Coaching Points

- * Open your hip and be ready on your feet
- * Receive the ball with different surface of your foot (inside/outside)
- * First touch needs to go into game direction

Question to ask yourself

What can you do to receive and pass the ball better?

