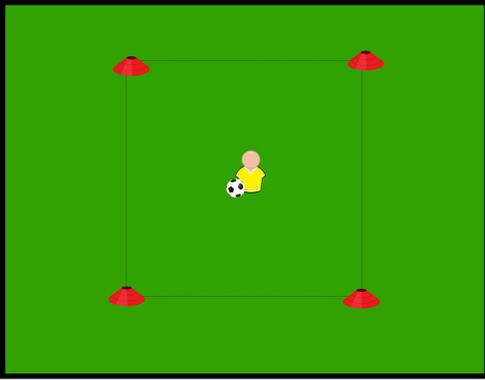


Thursday, May 21
Technical Session
Technical Focus - First and Second Touch



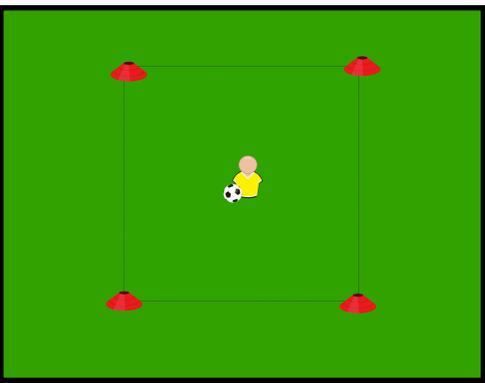
Drill #1 - Toss and Volley - First Touch

Primary Goal- keep the ball inside the grid with first touch

Secondary Goal- improve touch skill of taking ball from ground with feet and volley ball straight up into the air

Toss or volley the ball into the air, keeping it in the area of the 5x5 grid. Settle the ball with a single touch, keeping it inside the grid. If the ball exits the grid, that is a poor touch. Remember we want to play from a spot. Practice using different parts of your foot as well as chest, thigh, and head. Shrink the grid as your touch gets better.

Time: 10-12 minutes



Drill #2 - Toss and Volley - First & Second Touch

Primary Goal- keep the ball inside the grid with first touch and proceed to dribble under control with second touch

Secondary Goal- improve touch skill of taking ball from ground with feet and volley ball straight up into the air

Begin reps of this drill the same way as Drill #1 above, but this time take further touches to exit the grid under control. In this version let where the ball goes on first touch dictate where you exit the grid.

Time: 10-12 minutes



Drill #3 - Toss and Volley - First/Second Touch with purpose and direction

Primary Goal 1- keep the ball inside the grid with first touch and proceed to dribble under control with second touch

Primary Goal 2- prior to volley or toss, determine which yellow cone you will attack and then attack that direction after the first touch.

Secondary Goal- improve touch skill of taking ball from ground with feet and volley ball straight up into the air

Begin reps of this drill the same way as Drill #1 above, but this time take further touches to exit the grid under control. In this version determine where you are attacking prior to first touch, so your first touch needs to set you up to go in that direction.

Time: 10-12 minutes



Drill #4 - Toss and Volley - First/Second Touch with purpose and direction + skill move

Primary Goal 1- keep the ball inside the grid with first touch and proceed to dribble under control with second touch

Primary Goal 2- prior to volley or toss, determine which yellow cone you will attack and then attack that direction after the first touch.

Secondary Goal 1- improve touch skill of taking ball from ground with feet and volley ball straight up into the air

Secondary Goal 2- Practice skill moves

Begin reps of this drill the same way as Drill #1 above, but this time take further touches to exit the grid under control. In this version determine where you are attacking prior to first touch, so your first touch needs to set you up to go in that direction. As you approach the yellow cone use a scissor, Maradona, V pull back, etc

Time: 10-12 minutes