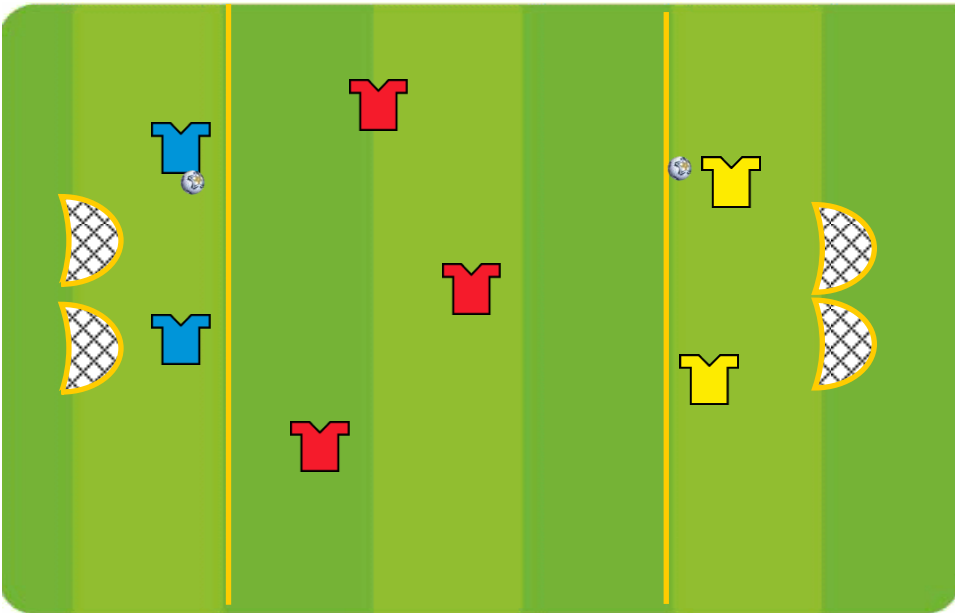
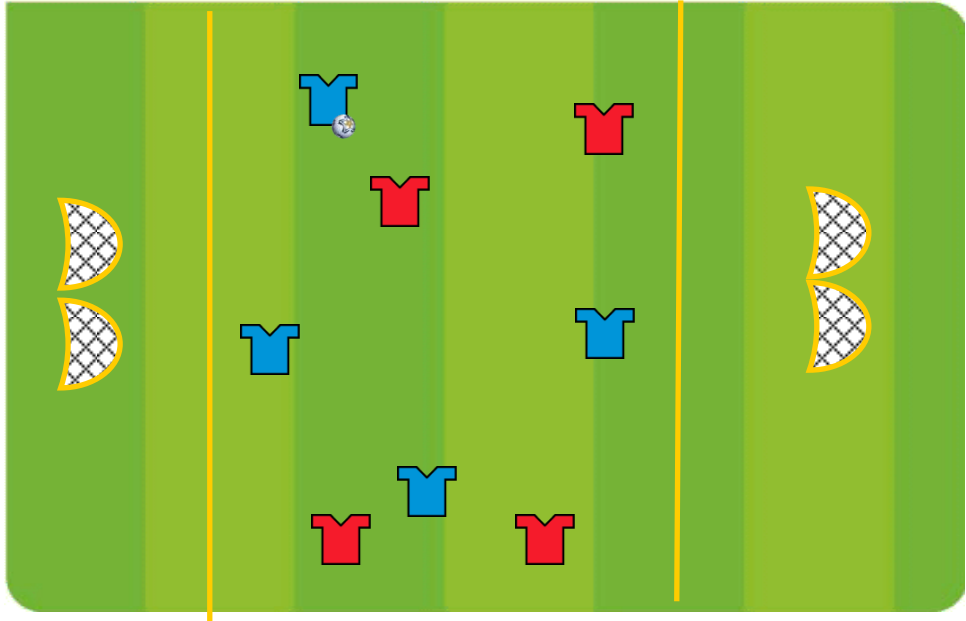


**THEME: Improve first touch under pressure**



**KEY**

-  goal
-  cone
-  team 1
-  team 2
-  ball
-  ball movement
-  player movement



**Learning focus for attacker: developing first touch**  
**Learning focus for the defender: 1v1 defending-win the ball back**

- Attackers have a ball and starts in safe zone. Defenders (reds) start in danger zone (middle). Attackers try to get the ball from one safe zone to the other to score. If defenders win the ball, they try to score from danger zone to any goal.
- Attackers to gain 2 points must take first touch forward into safe zone

**Game levels (progressions)-children can move to next level Only when they feel ready and achieved success in previous level.**

- Play 4v4- if you take first touch forward into safe zone and score goal counts double.
- Minimum 2 players can enter safe zone once any attacking player enter there to score
- If you take your first touch forward under pressure and team able to keep possession additional point will be awarded
- Play man to man marking

**DECISIONS AND CHALLENGES WITHIN THE GAME**

- Try to take first touch forward and away of the defender
- Think about the ways to protect your ball
- Think when to keep it and when to release
- Try to play one touch if you can; two touch if you need and three touch if you must
- What movement you are going to take advantage with your first touch over marking defender?

Improving ball control under pressure Develop first touch in relation to defender position	Decisions when, where and how to take first touch away from defender Confidence of wanting the ball Learning from mistakes
Develop footwork with and without the ball to lose marking opponent Changing direction	Learning from others Demonstrate social behaviours Risk vs reward environment

