Interactive Session Plan

Organisation: Baldwin Whitehall Soccer Association

Age Group:

Time Available: 15 mins

Session Theme: 1st Touch Tennis

Organization

- The objective: To pass the ball beyond the opponents back line (1 point) or get the ball to stop dead (2x points)
- A player can use a maximum of 3 touches between their team. (1st Touch Must Be Positive)
-Once the ball is passed into a opponent's half, the player that moves to the ball has 1 touch to control then must used their 2nd/3rd touch to pass into the opponent's half.
- The ball must be passed below the height of the tall orange cones

Key Coaching Points

- Ready to receive (Balance on toes, Open Body and adjust to the flight of the pass).
- Relax foot (don't tense)
- Foot Selection to control (Start with 'Inside', then progress to using the 'Outside' of the foot.
- Positive 1st Touch:
* Out and in front (But keep close)
* Into forward space either side of the cone.
- Cushion Technique (Once foot has made contact with the ball, draw foot back to Centre of body)
- Quality of 1st touch (If ball is out of feet but close, 2nd touch should be a passing touch).
- Quality of Pass (Feet or Space) back to partner.

Progressions

- Play 2 v 2
- Easier/Harder: More or less maximum touches.
-Easier/Harder: Change size of area.
- Motivation: Set up more tennis courts, players compete against others, who scores the highest amounts of points out of all games wins.

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