

16 Players

Any Direction Touch (4 goals)

Objective – Will develop hand catch and passing accuracy. Can improve spatial awareness, communication, decision making and evasion.

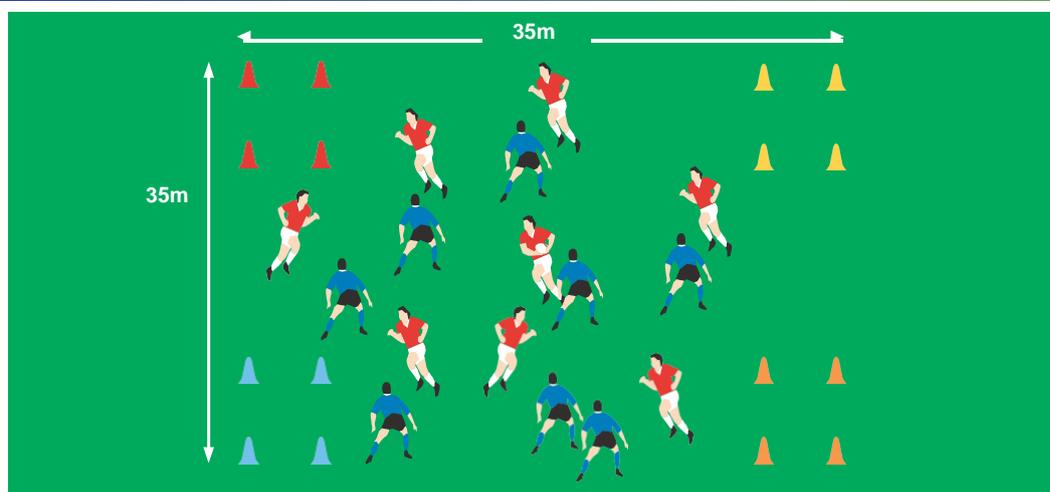
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 8

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Run and pass in any direction.
- Play until a mistake is made or turn over after five touches.
- One second to pass after touch is made.
- Four scoring areas - only one player allowed in any at one time.
- No player can just stand in a scoring area (five second limit).
- Man to man marking will encourage lines of run to lose defender / create space.

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Catch the ball in their hands.
3. Ball remains off the shirt.
4. Spatial awareness with and without possession.
5. Communication skills.
6. Evasion skills and footwork.

Difficulty:

- Coach to determine which scoring areas to be used.
- Coach adds in another ball so that two games are going at same time.
- Expand pitch boundary to encourage increased movement and longer passing.
- Modify game / play one touch turnover depending on ability.