

Players: 10-12

Colour Touch

Objective – To develop hand catch and ability of support runners to run from depth

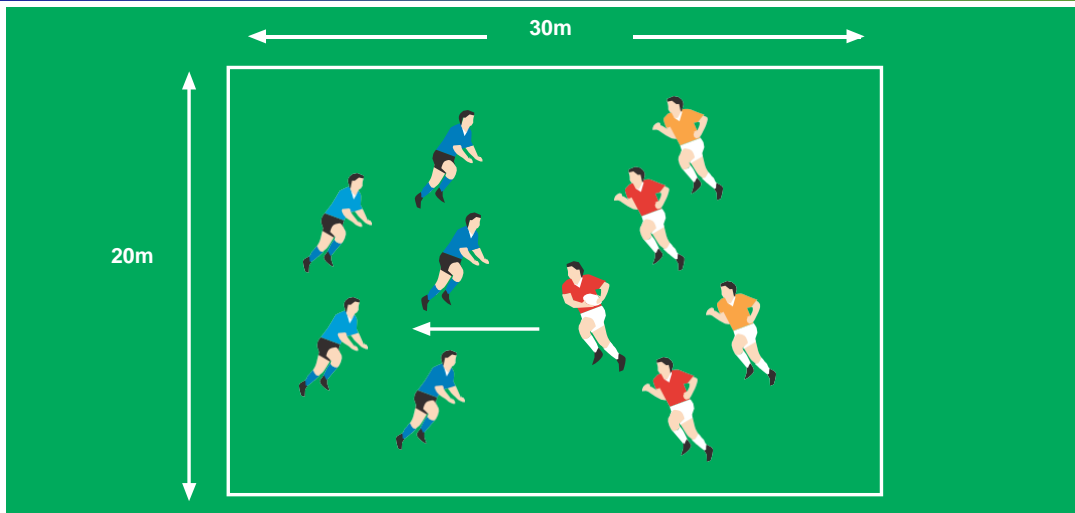
Equipment needed:

- Balls: 1 per pitch
- Cones: 1 stack
- Bibs: 10

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Two teams of 5/6 will have two players with different coloured bibs from their team.
- Once touched, the players can either offload or place the ball between their legs depending how the coach would like to condition the game.
- When defending, these designated players are conditioned not to touch the attacking players.
- Therefore, the attacking players should look to target these players as this is effectively where the space is.
- The defenders can move around into different positions to help develop the decision-making skills of the attacking players.

Difficulty:

- The coach can select more or fewer defenders to wear bibs depending on the size / ability of group.
- The size of the area can also be increased or decreased to either allow more space or increase pressure on players.
- More focus can also shift to supporting player roles - coach can add in relevant key factors.

Coaching points/Key factors:

Hand Catch:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow-through and fingers point to target after the ball is released.
7. Support runners to talk effectively with ball carriers e.g. 'Short, right'.

Support:

1. Start in behind the ball carrier - remain 'on toes' to anticipate pass.
2. Communicate with ball carrier.
3. Accelerate into space and anticipate pass - even if they don't receive it.
4. Get back into the game as soon as possible.