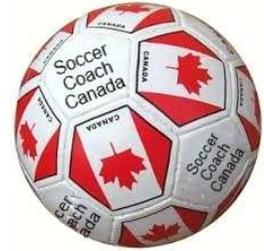


Soccer Coach Canada Practice Plans



U-14 First Touch Practice Plan

Coaches Tip: What to say:

"Get in line with the flight of the ball quickly."

"Try to take a mental snapshot of the field before the ball arrives so you know what you're going to do with the ball."

"Get the full area of the body part you're using behind the ball."

"Relax that surface area as the ball arrives. Your [foot, chest, etc.] should be like a sponge."

"Your first touch should direct the ball away from a player who is putting pressure on you or in the direction you want to proceed."

Warm Up: Pass Ball Around Cones: Two touches only. Your first touch should move the ball towards the other side of the cone. Make sure to change direction after a couple of minutes.

Dynamic Stretches: Lunges, Open lunges, High knees, etc.

Game: Numbers Passing



Objective: Improve First Touch Abilities

Set up: Set up 2 playing areas-30' wide by 30' long playing using cones.

How to play:

- Divide your players into groups of five or six.
- One ball per group.
- Give each player a number.
- Players pass the ball to the player with the number one higher than their own. (eg. 2 passes to 3, 6 to 1).
- The ball travels through the entire team as quickly as possible.
- First, allow unlimited touches, then two touches, not allowing the ball to stop, then one touch.
- Try playing with left foot only, outside of foot only, or without talking.

A. First have everyone moving within the square. Make sure players communicate. Introduce a defender (coaches)

B. Set up players by cones 1-6 and have a relay race against other group.

Scrimmage: 4 vs 4. 2 touches only and encourage the first touch to direct the ball in the direction the player wants to be going.

Cool Down: Divide your team into pairs with one ball per pair. Using one touch only, pass the ball back and forth while slowly jogging around the playing field. End with 5 minutes of stretching head to toe.