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Two Touch Game

1. TEAM TWO TOUCH:

- Divide players into pairs ... standing approx. 10-15 yards apart.
- One ball per pair
- Place cones 2 steps apart
- The coach blows the whistle & each team plays 2 touch passing between the cones.

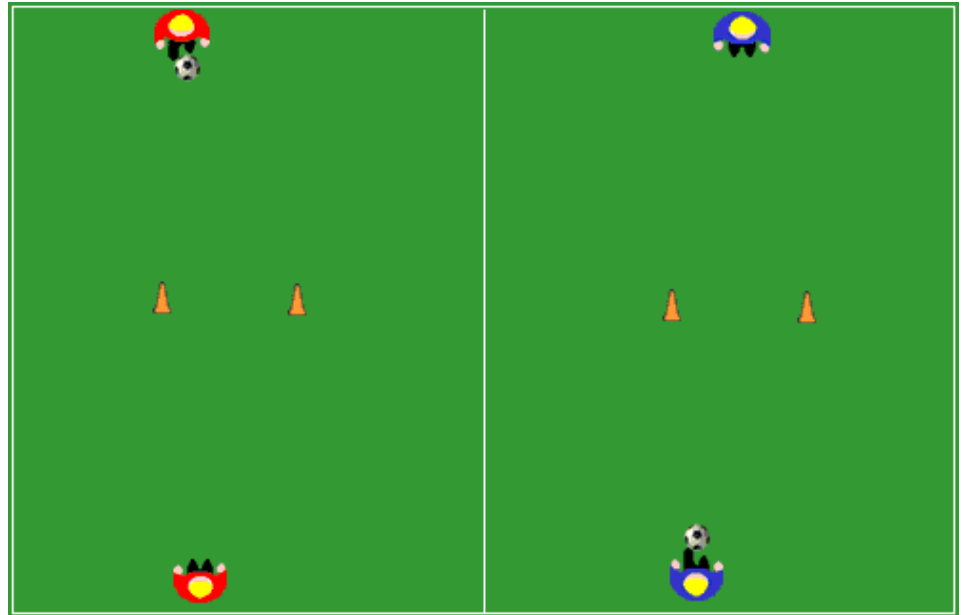
2. COACHING POINTS:

- Players receiving the ball should get in the path of the ball before it arrives.
- The players first touch should help position the ball so he/she can make a good pass back to his/her partner with the second touch.
- The trap sets up the pass so the player should not stop the ball dead beneath their body but push the ball slightly to one side or the other.
- Trapping to one side creates time and space between the player and the oncoming defender.

3. COMPETITION, VARIATIONS & RESTRICTIONS:

After the players play & understand the game for a few minutes, introduce:

- On the coaches whistle, players begin the 2 touch passing game ... The last team that is able to keep the ball moving between the cones (with 2 touches) wins the game.
- Restrict games allowing all traps & passes to be with the left foot only, right foot only, instep only, trap with the left & pass with the right only, etc.



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