

First touch to shoot

This session will improve the first touch of your attacking players. A centre forward must have a good first touch in order to guide the ball into space or away from a defender to shoot. Improving this skill will add speed to the forwards' play and enable them to shoot at goal quickly in order to catch goalkeepers by surprise.



What you tell your players the session is about

1. Improving the role of a centre forward.
2. Developing a good first touch.
3. Taking less touches and shooting at goal quickly.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls, cones	Passing and receiving with two touches. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 41
The session	Balls, cones, goal	Players are aware of the space and using a good first touch to set themselves up to shoot
Development	Balls, cones, two goals	The forwards combining quickly to shoot at goal
Game	Balls, cones, two goals	The players show a greater desire to shoot at goal more often leading to more goals being scored
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: First touch, awareness of space, shooting skills, right-foot and left-foot technique, communication, movements to receive

Team skills: Communication, movements to receive, combination play

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What to think about

- 92% of goals scored are done so when a striker takes two touches or less to shoot at goal.
- Can your first touch be away from the defender?
- Can the touch be into space and allow you to shoot at goal?
- Are your forwards taking more touches to work the ball to their best foot? If so, encourage players to shoot with both feet.





Set-up

Create an area 40 yards by 30 yards in width.



What you get your players to do

Forwards take turns to be the server and then the shooter in this practice.

The server passes the ball to the shooter who must take a first touch outside or inside the defender, and into space, in order to shoot at goal.

The players must alternate sides in order to work on both feet. In addition, the players must play at match speed in order to add realism to the practice.



What to call out

- “Concentrate on your first touch.”
- “Take the ball away from the defender and into space.”
- “Shoot at every opportunity.”



Development

Begin a small-sided game in which two attackers play against one defender in each half of the pitch. This can be raised to three attackers and two defenders.

The defenders cannot be tackled and are free to pass to their attackers. The attackers now use their numerical advantage in order to create a chance to score. Goals can only be scored when the shooting players take two touches or less.

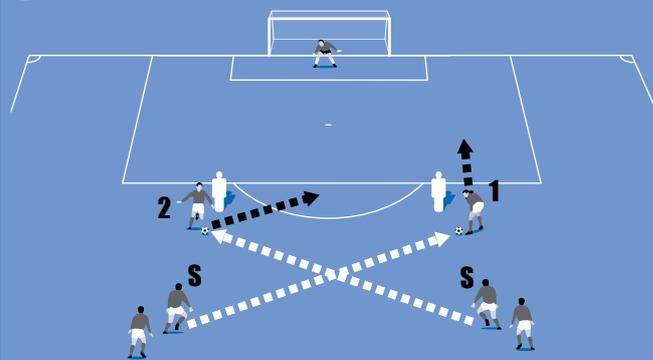


Game situation

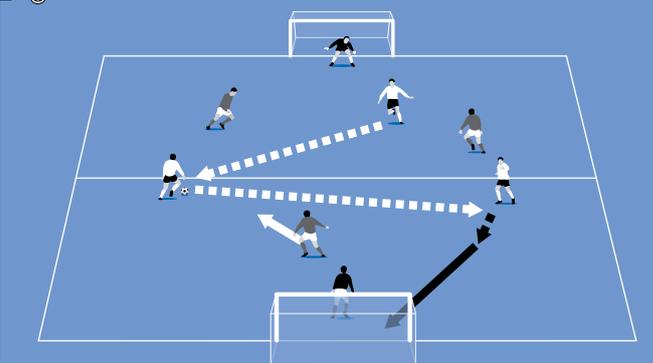
Now progress to a small-sided game with an equal number of players on each side. Award double goals for players taking two or less touches before scoring.

First touch to shoot

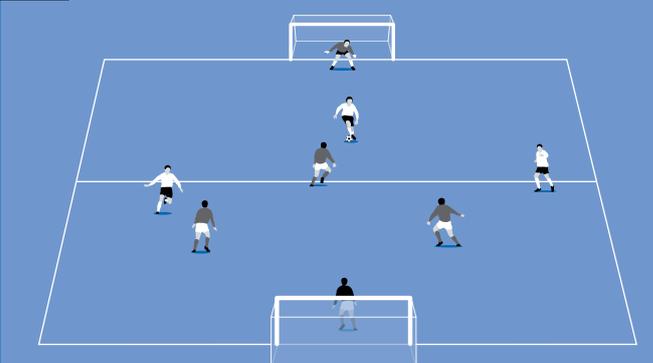
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



The server (S) passes to the forward who will take a first touch to place the ball either outside (1) or inside (2) the defender and into space.



Play 2v1 in both halves of the pitch to improve the first touch of attackers. Defenders can pass upfield to their forwards.



Progress to an even-sided game. Players score double for taking two or less touches per goal.

