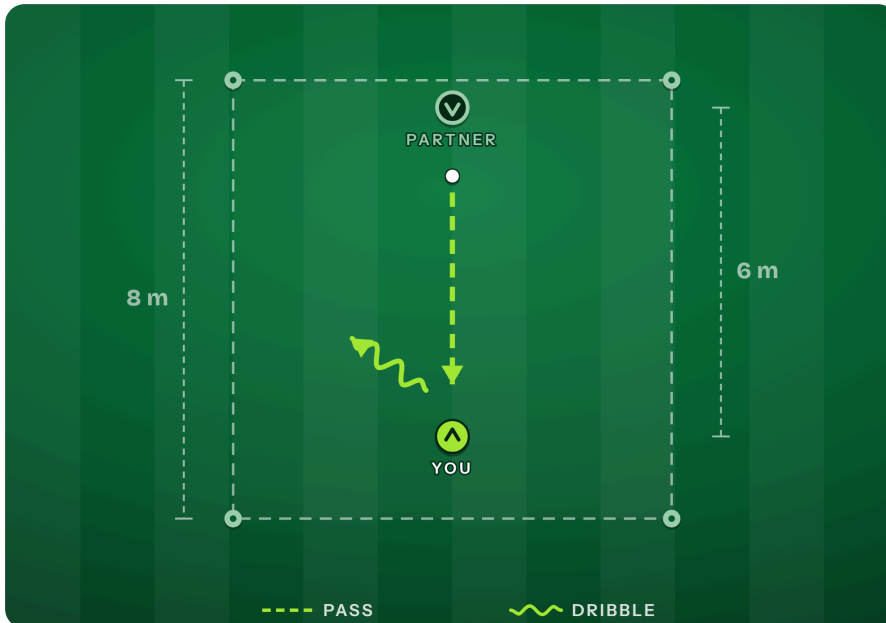




Soft or go: choose your touch

TECHNICAL & TACTICAL · FIRST TOUCH ·

2 PLAYERS (YOU AND A PARTNER; A PARENT OR COACH CAN PASS) · AGE 9+



Set up

- A partner
- A ball (size 3)
- 4 cones, 8 m square
- 6 m apart

Dose

- Mix up the calls
- 3 blocks of 10, 1 min rest

3 blocks of 10 receives with 1 minute of rest between, mixing the calls (the Football Reach target, not an FA rule).

What it trains

Choose your first touch: a soft touch that stops the ball next to you, or a go touch that pushes it into space. England Football coaches smaller touches to keep it close near a defender, and bigger touches into space.

How it works

- Warm up first. Mark an 8 x 8 m square with 4 cones on flat grass. Use a size 3 ball up to U11, a size 4 at U12-U13 and a size 5 from U14.
- Stand 6 m from your partner, who has the ball.
- Your partner passes along the ground and calls "Soft" or "Go" while the ball is travelling.
- Soft: cushion it so it stops next to you. Go: push it about 2 m into space and follow it. Then pass it back.
- Your partner mixes up the calls so you have to listen and decide. Do 3 blocks of 10 with 1 minute of rest, using both feet, then swap roles.

Coaching points

- Catch it with your foot**
Soft: meet the ball with the inside of your foot and let the foot give as it arrives, so the ball stops next to you, ready to pass back.
- Push it into the space**
Go: push the ball about 2 m into space with your first touch, then follow it straight away. Decide before it arrives, so the touch is ready.

- Not this:** A stiff foot, so the ball bounces away from you instead of stopping. Relax the foot and let it give as the ball arrives.

MY NOTES

HARDER

Your partner points to where Go should go (left, right or forward). Then the call comes later, just before the ball arrives.

EASIER

Your partner calls before passing, and passes more gently, until the choice feels easy.

Safety

- Keep every pass on the ground.
- Warm up first. Flat grass with space all round, never a road or driveway.
- Stop if anything hurts.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/soft-or-go-choose-your-touch

Then take the free test at footballreach.com