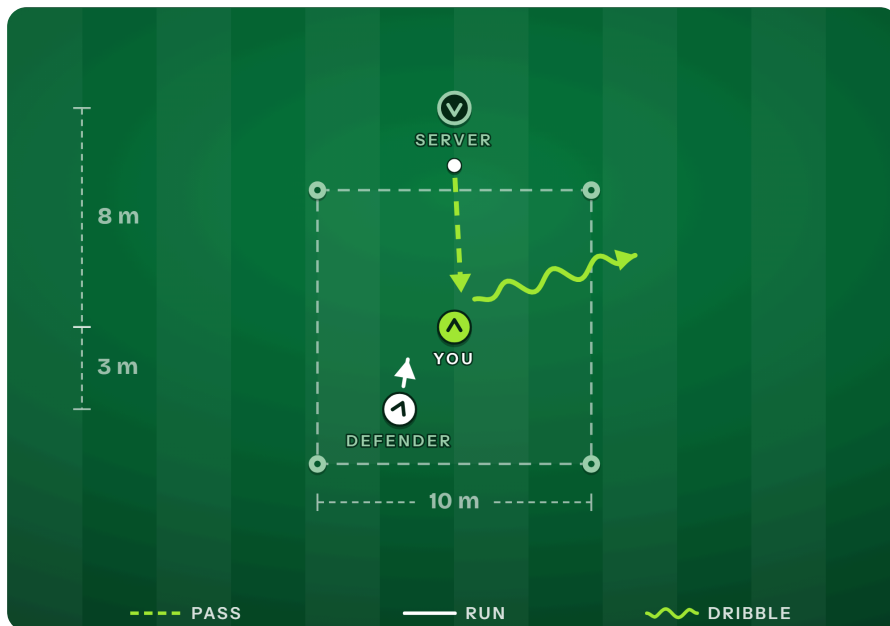




Touch away from pressure

TECHNICAL & TACTICAL · FIRST TOUCH ·
3 PLAYERS (YOU, A SERVER AND A DEFENDER) · AGE 13+



Set up

- A server, 8 m away
- A defender, 3 m behind
- A ball (size 5)
- 4 cones, 10 m square

Dose

- 4 rounds of 5 goes
- 1 min rest, swap roles

4 rounds of 5 goes with 1 minute of rest between, rotating roles every 5 goes (the Football Reach target, not an FA rule).

What it trains

Use your first touch to get away from a defender: check which side the pressure is coming from before the ball arrives, then touch it the other way, into space. FIFA coaches the first touch away from pressure and into space.

How it works

- Warm up first. Mark a 10 x 10 m square with 4 cones. Use a size 5 ball.
- The server stands 8 m in front of you with the ball. The defender starts 3 m behind you, on one side, and changes side between goes.
- As the server passes, check over your shoulder. The defender closes you down from their side.
- Take your first touch away from the defender, into space, and dribble out of the square. The defender may chase, on their feet, never tackling from behind.
- Do 4 rounds of 5 goes with 1 minute of rest between rounds, and rotate roles after every 5 goes.

Coaching points

- Know where they are**
While the pass is travelling, check over your shoulder to see which side the defender is closing from, then look back to the ball in time to receive it. The FA says most of the work in receiving goes in before the touch.
- Touch away from pressure**
Take your first touch away from the defender's side and into space: the outside of the foot further from them, or the inside of the other foot. Keep it within a step or two, then dribble out of the square.

× **Not this:** Touching the ball towards the defender, or stopping it dead under your feet. You walk into the pressure and they win it.

MY NOTES

HARDER

The defender may start on either side, picks a side late and tries to win the ball (on their feet, never from behind). Or the server passes firmer.

EASIER

The defender is passive and always starts on the same side, until the check and the touch away feel natural.

Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- No tackling from behind. Defenders stay on their feet: no slide tackles, and passes stay on the ground.
- Warm up first. Flat grass with space all round, never a road or driveway.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult; a GP or physio can help.
- 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
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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