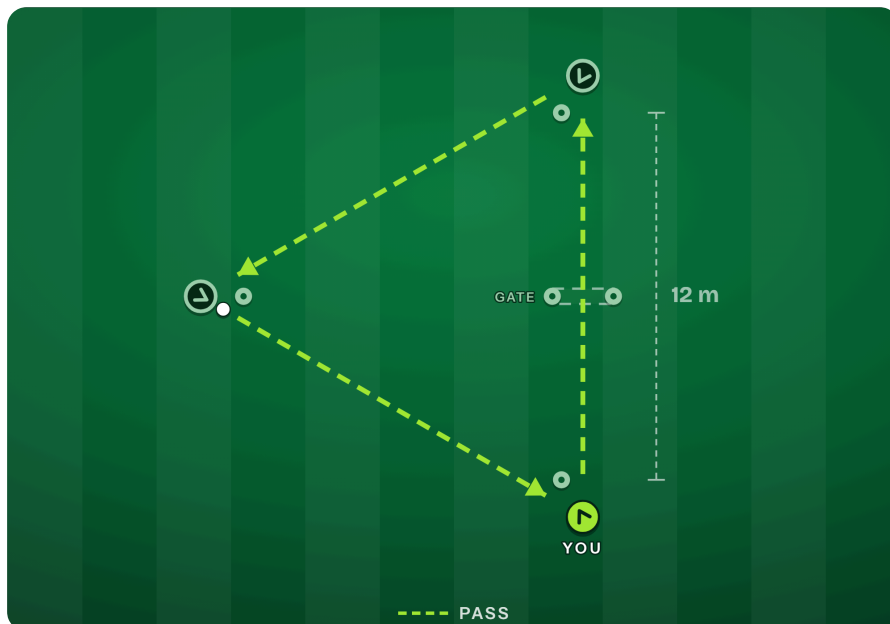




Two-touch tempo

TECHNICAL & TACTICAL · PASSING TEMPO ·
3 PLAYERS (A PARENT OR COACH CAN BE ONE) · AGE 14+

Set up

3 players

5 cones

Triangle, 12 m a side

2 m gate on one side

Dose

4 x 2 min, 1 min rest

Change direction each min

4 x 2 minutes, 1 minute rest, changing direction every minute. Two touches in about 2 seconds: our rule, not an FA or FIFA rule.

What it trains

Keep the tempo high: receive and pass on within two touches and about two seconds, round a triangle. FIFA's activation drills ask players to move the ball on the first touch and play it on the second.

How it works

- 1 Warm up first. On flat grass, set 3 cones in a triangle, 12 m apart, one player just behind each cone. Put 2 cones 2 m apart halfway along one side as a gate. Use a size 5 ball (U14 and up), with 2 spares beside the triangle.
- 2 Pass round the triangle along the ground. Every player takes two touches: the first sets the ball up, the second passes it.
- 3 The pass along the gate side goes through the gate every time it comes round.
- 4 Move the ball on within about 2 seconds of it arriving (our rule). If a pass goes astray, play the next ball from the spares straight away.
- 5 Change direction every minute so both feet get work. Play 4 blocks of 2 minutes with 1 minute of rest.

Coaching points

- 1 **Set up the pass**
Open up before the ball arrives, so you can see the passer and the next player. Let it run across you and use your first touch to push it a little forward, out of your feet, towards the next pass.
- 2 **Two touches, two seconds**
Pass with your second touch, firm and along the ground, timed and weighted so the next player can do the same. Two touches, and the ball is gone inside about two seconds.

× **Not this:** Stopping the ball dead under your feet. You then need a third touch to set it, the next player waits, and the tempo drops.

➤ HARDER

One touch only: pass first time, as FIFA's activation drills encourage. Or add a defender in the middle who tries to intercept, on their feet, never tackling.

➤ EASIER

Three touches allowed, softer passes, until the ball arrives on target and keeps moving.

🛡️ Safety

- Warm up fully first. Flat, dry grass with space all round, never a road or a driveway.
- Every pass stays on the ground: nothing lifted into the air.
- Spread out from other groups so a stray ball does not run into them.
- Stop if anything hurts, and tell an adult or coach.
- 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

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MY NOTES