

# FIRST TOUCH



## AIMS

To develop the basic technical skills of football (catching and kicking) in a controlled competitive environment.

## PLAYING RULES

- Play commences with a kick out from the hands.
- The goalkeeper may advance 10m for a kick out.
- The side-to-side (shoulder) charge is not allowed but incidental contact is permitted.
- The ball may be caught in the hands and played away by kicking it.
- The ball may be carried for four steps and players are restricted to one bounce per possession before playing the ball away.
- The ball may be lifted off the ground with the hands, provided the player involved is on his/her feet.
- A player who is fouled takes the free from the hands and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
- When a free is awarded, the ball to be given, on the full, to the player taking the free kick. If this does not happen the ball is advanced 5m.
- When a team plays the ball over the sideline, the opponent nearest to where the ball crosses the line, takes the sideline kick from the hands.
- When a defender plays the ball over his own endline, the other team are awarded a free kick from the 20m line.
- Opposing players to be at least 5m from the player taking a free kick, sideline kick, 20m kick or kick out. Free kicks should be no closer than 10m from the opposing endline.



## SCORING SYSTEM

- 3 points when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

## EQUIPMENT



- Well secured portable goal posts (10' x 6' or 3m x 1.8m)/Training poles or flags may be used
- Bibs
- Cones
- Three First Touch (Size 1) footballs – one placed behind each goal and one in play



## PLAYING THE GAME

- 7 v 7
- Playing Area 45m x 30m (4 Playing Areas fit on 1 standard pitch)
- 1 goalkeeper, 2 defenders, 2 midfielders and 2 attackers
- Three zones: 20m, 5m and 20m. Players to remain within the zone to which they are assigned – midfielders can enter other zones but must return to the centre zone for any free kick, sideline kick or kick out.
- All players rotate positions after each quarter (see rotation systems on page 11). Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals.



## PLAYING RULE MODIFICATIONS

- The hand or fist pass may also be used to play away the ball. No more than one consecutive hand or fist pass is permitted.
- 6 v 6, last man back acts as goalkeeper. Award 3 points when the ball is played over the crossbar and 1 point when the ball is played under the crossbar.
- Skill Points may be awarded e.g. 1 point for a successful block or open hand tackle.

## TIME DURATION

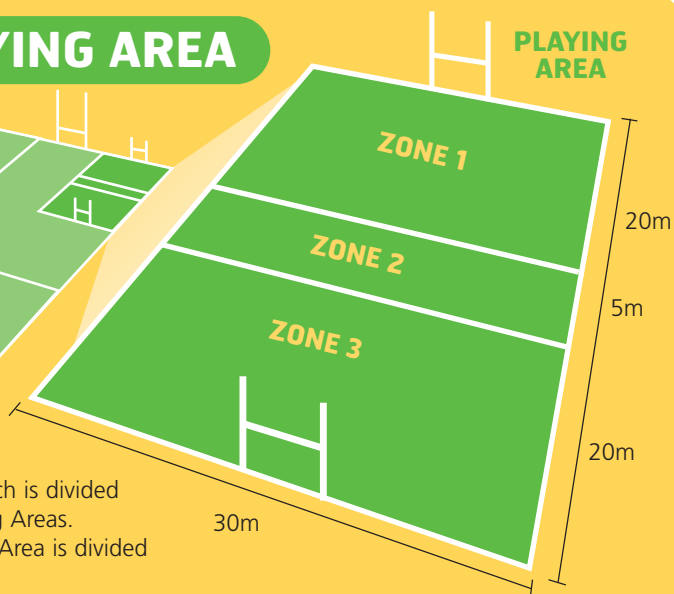
- 4 quarters
- 7 minutes per quarter

## RECOMMENDED PLAYING AREA



MAIN PITCH

PLAYING AREA



The main pitch is divided into 4 Playing Areas. Each Playing Area is divided into 3 zones.