

Developing Soft Touch

Here is a fun game that works on developing a good, soft first touch and receiving balls in the air.

This game can be played by as few as 2 people or as many as 10 and requires a small space, one ball and a garbage can (yes it says a garbage can!)

The players surround the garbage can (this would be a regular size garbage can people keep outside) and one player starts with the ball on the ground (the player with the ball is 3 yards away from the garbage can which is upright). This player tries to chip the ball up (softly) and have the ball land inside the garbage can. If it misses, the next player tries to volley the ball into the can (preferably without the ball bouncing but if that isn't possible, there is no penalty for the ball bouncing). Everything is played one touch so the next touch might be with the thigh, head or chest. When the ball goes in the garbage can, it's a point for the last person to touch it. There is no defending and while it might SEEM like this would be an easy game to score points on, it's a lot more difficult than you might think. If the first person misses the can, the person closest to the ball gets to go next (it's not a case of going in a particular order). First player to 5 points wins.

This is great game to play when the first players get to the field before training and can be much more productive, enjoyable and helpful than letting the players go and shoot on goal (which seems to be what so many players want to do when they first get to the field). It's an excellent way for players to work on the soft touch that is required by a forward when looking to lay a ball off to a midfielder as well as for backs to work on keeping their head down and watching the ball when volleying.