

Pre training activities

1000 touches

Alone with 1 football each.

- 1 One hand catch. Hold the ball in one hand. Drop it from chest height and catch it with the same hand.
- 2 Hold the ball in 2 hands behind your legs. Throw the ball forward and catch it with both hands in front of your legs. Throw the ball backwards and catch it with your hands behind your legs.
- 3 Hold the ball in 2 hands between your legs with one hand in front of your legs and the other behind. Throw the ball in the air, swap the positions of your hands and catch the ball before it hits the ground.
- 4 Hold the ball in one hand out in front of your chest with the hand on top of the ball. Roll the ball onto back of hand, roll it forward then catch it with the same hand.
- 5 Kick on run to yourself with the ball going above your head by less than 2 metres.
- 6 Bouncing the ball practising both left and right hand bouncing.
- 7 Handball up into the air and catch it behind your back.

In pairs with 1 football each

- 1 Passing the ball at face height from your hand to your partners.
- 2 Right Hand handball both at the same time aiming at your partners left shoulder to stop the balls hitting.
- 3 Left Hand handball both at the same time aiming at your partners right shoulder to stop the balls hitting.
- 4 Alternating left and right handball both at the same time.
- 5 One partner throws a ½ Volley with one ball as the other ball is handballed up. Both balls are being used.
- 6 One partner handballs while the other does a quick kick using both balls.

In 3's in a triangle with 1 football each.

- 1 Right Hand handball around the triangle with all 3 balls.
- 2 Left Hand handball around the triangle with all 3 balls.
- 3 Alternating left and right handball around the triangle with all 3 balls.

In 3's with 2 balls between 3

One person out in front. The other two handball or kick to person in front. The person in front handballs back. Vary the angles the players in front are at.

Other alternatives for better, more skilled players.

One person with two footballs handballing to keep one ball in the air.
Two people with three footballs handballing to keep one ball in the air.
Three people with four footballs handballing to keep one ball in the air.

Two pairs of players criss cross handball. Try to make the balls collide in the middle and then catch the deflected ball to gain a point for you pair. First pair to X number of points wins.