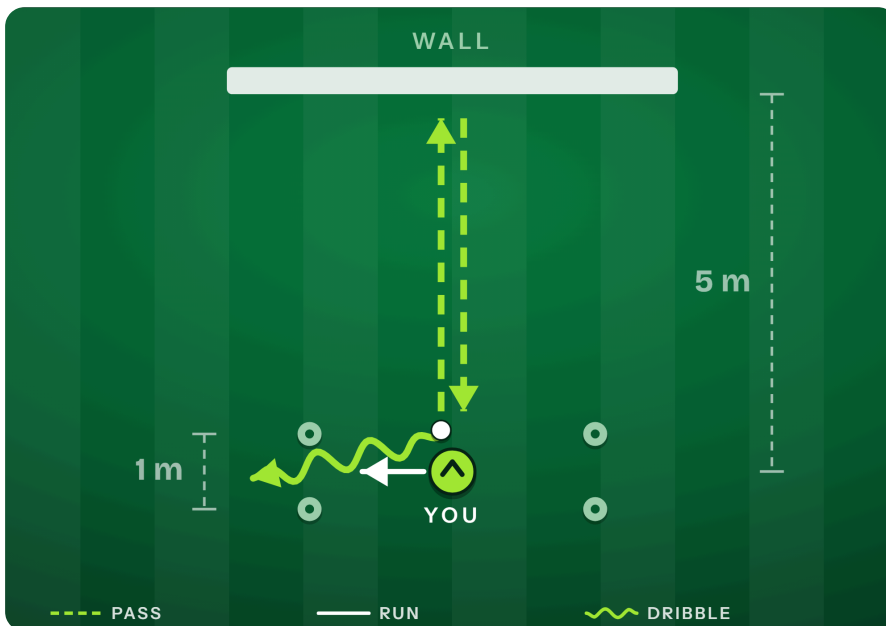




First touch through the gate

TECHNICAL & TACTICAL · FIRST TOUCH · 1 PLAYER · AGE 9+



What it trains

A directional first touch: take the ball away from pressure and into space with your first contact, so you have time for the next action.

Set up

A wall

4 cones

5 m from the wall

1 m gate each side

Dose

Switch gates every rep

2 min on, 1 min off, x5

15 minutes, 3 times a week (the Football Reach plan target, not an FA rule).

How it works

- 1 Stand 5 m from a solid wall with the ball. Set a 1 m cone gate about 1.5 m to your left and another to your right.
- 2 Pass the ball firmly into the wall.
- 3 As it comes back, let it run across you and touch it through one of the gates.
- 4 Follow the ball, bring it back to the start and repeat, using the other gate.

Coaching points

- 1 **Touch it through the gate**
Open up so the ball runs across you, and let your first contact send it through the gate.
- 2 **Keep it a step away**
Push it about a step ahead of you, so your next touch can be a pass or a run forward.

✗ **Not this:** Stopping the ball dead under your feet. It costs you time and lets pressure arrive.

MY NOTES

HARDER

One touch only: pass back into the wall straight after the touch through the gate. Then use your weaker foot for the whole block.

EASIER

Stand closer (3 m), pass softer, and use a 2 m gate until the touch is clean.

Safety

- Use a solid wall with nothing breakable nearby, never a window or a neighbour's wall.
- Flat, dry ground with space around you.
- 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

footballreach.com/drills/first-touch-through-the-gate

Then take the free test at footballreach.com