



First Touch Academy

Teaching the Basics First

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First Touch Academy News

First Touch

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Today, the players worked on passing. Great passing is the foundation of all great soccer teams. If controlling the ball is the most important technique, then the ability to pass the ball comes next in the technical hierarchy. One of the most difficult tasks coaches have is developing their players' ability to connect consecutive passes. To acquire this ability, players must develop efficient passing and collecting techniques (how) and tactical knowledge (when and where).

Collecting is the ability to gather in and control the ball using various parts of the body. Technical pass-

ing skills can be introduced as early as the beginner stage but should be more heavily emphasized in other stages of development. Through small-sided drills, players can learn to pass through open spaces instead of space closed by defenders.

They can also learn when it is appropriate to pass the ball to a teammate's feet and when they should play the ball through space to connect with a teammate making a run. Knowing which teammate to pass to is also important.



Green Bay Lightning Club Notes

Blair Bandow is leading the Luxemburg campus of First Touch Academy, along with Tim Sewell. Blair has been involved with soccer now for over 25 years as both a player and coach. Blair grew up with soccer in Stevens Point, Wisconsin and played recreational, club, high school and college soccer there. Blair also began his coaching career there, helping out with the area rec soccer program. Blair is currently the Boys Varsity coach at Luxemburg-Casco High School and is the Head Coach of the GBL U-13 Boys' State team. Blair holds an NSCAA Regional Diploma, High School Coaches Diploma, State Goalkeeping Diploma and has a USSF "D" license. Blair has also been a licensed referee for youth to college levels. Blair is married to his wife, Jenny, and has two young children.



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