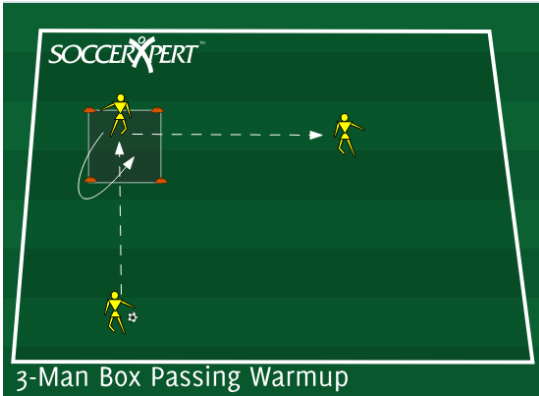




3-Man Box Passing Warmup

Drill Quick Glance

Age: 9+	Field: 10X10
Players: 3+	Time: 10 mins.
Difficulty: Medium	Focus: PASSING
Keeper: NO	Type: INDIVIDUAL
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Equipment

Disc Cones/Markers | Soccer Balls

3-Man Box Passing Warmup

Objective:

This drill focuses on teaching players how to open up their body, scan the field, and play accurate passes while moving continuously. It helps reinforce technical habits that translate directly to in-game situations.

Setup

- Field Size: 4x4 yard square created with cones or training sticks
- Players: 3 players per station
 - 1 worker inside the box
 - 2 passers positioned 7–10 yards away on adjacent sides of the box
- Equipment: 4 cones to create the box; optional colored cones for the variation

Instructions

- One of the passers plays a ball into the worker inside the box.
- The worker must open up, take a touch, and pass to the other outside passer.
- After the pass, the worker sprints around one of the four cones that form the box.
- The second passer returns the ball to the worker, and the sequence repeats in the opposite direction.
- Continue the cycle for 30-60 seconds, then rotate roles so each player gets time as the worker.

Coaching Points

This warm-up drill enhances technical skills, physical readiness, and mental sharpness—perfect for setting the tone for a high-quality training session.

- Open Body Shape: Players should receive on the half-turn to play quickly.
- First Touch Direction: Touch should set up with the back foot for a clean pass to the next passer.
- Scanning and Awareness: Workers should keep their eyes up to locate both passers and anticipate instructions.
- Quick, Quality Movement: Sprint with purpose while keeping eyes on the ball while traveling around cones, resetting quickly for the next touch.
- Accurate Passing: Ensure each pass is played with proper weight and direction.

Variations

- Color-Coded Cones: Use different colored cones at each corner; one of the passers calls out a color after each pass for the worker to move around.
- One-Touch Passing: Advanced players can try one-touch play to increase difficulty.
- Weak Foot Only: Require the worker to receive and pass only with their weaker foot.
- Time Challenge: Count how many clean passes the group can complete in 60 seconds.
- Two Workers: Add a second worker to increase intensity and decision-making.