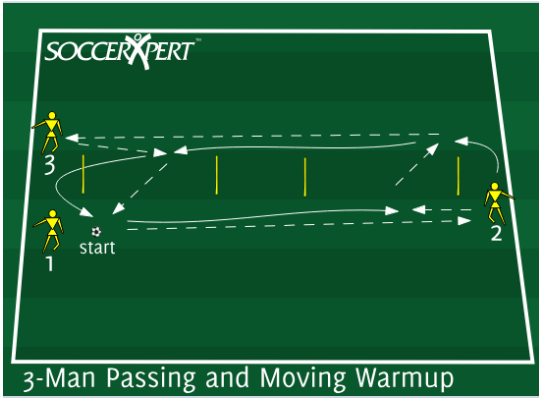




Drill Quick Glance

Age: 9+	Field: 10X10
Players: 3+	Time: 10 mins.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

3-Man Passing and Moving Warmup

Objective:

This soccer drill sharpens short-range passing, encourages constant movement after the pass, and prepares players physically and mentally for training. It reinforces clean technique and fitness through repetition.

Setup

1. **Field Size:** Two 5-yard gates set in a line, spaced 3 yards apart using cones or training sticks.

2. **Adjustments:**

Narrower gates for passing accuracy

Wider spacing for increased movement and fitness

3. **Players:** 3 per station

2 players on one end of the cones (one with the ball)

1 player on the opposite side

Instructions

1. Player 1 passes the ball to Player 2 on the opposite side and immediately follows the pass.

2. Player 2 returns a bounce pass and then moves around the cone to receive a return pass between the closer gate from Player 2.

3. Player 2 then passes a ball to Player 3 on the opposite side of the area, and Player 2 immediately follows the pass.

4. Player 3 returns a bounce pass and moves around the cone to receive a return pass between the gate from Player 3.

5. Players should remain active and alert, constantly rotating and maintaining rhythm.

6. Continue for 60- 90 seconds before switching directions or rotating players through different groups.

Coaching Points

This warm-up drill promotes good habits early in the session, reinforcing technical quality and getting players mentally and physically prepared for higher-intensity work.

- Sharp, Accurate Passes: Focus on hitting the target with proper weight.

• Crisp First Touch: Players must cushion the ball and prepare for the next action.

• Quick Movement After Passing: Players should sprint or shuffle around the cone with purpose.

• Body Positioning: Position the body for a quick return pass and stay light on feet.

• Communication: Verbal and visual cues help maintain rhythm and spacing.

Variations

- Weaker Foot Only: All passes and touches must use the weaker foot.

• One-Touch Bounce Pass: Receiving player must return the ball with one touch.

• Add a Fourth Player: Increase complexity with more rotation and decision-making.

• Timed Competition: See how many successful sequences can be completed in 60 seconds.

• Gate Progression: Move the gates further apart to incorporate longer passes and greater fitness demands.