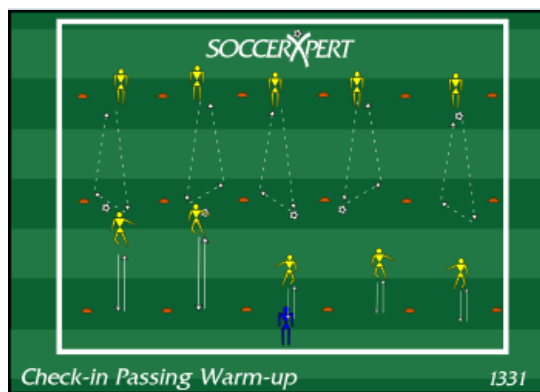




Drill Quick Glance

Age: 9+	Field: 15X30
Players: 4+	Time: 10 mins.
Difficulty: EASY	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Check-in Passing Warm-up

Objective:

This passing and receiving warm-up drill is a great soccer drill to help with timing and striking a ball while checking in to a pass.

Setup

1. Create three lines of cones spaced 5 yards apart. Make sure the cones line up between the three lines.
2. Divide your team into groups of two, with one ball per group.
3. Players will start on each of the outside lines.
4. One player is working, and one player is playing into the working player.

Instructions

1. Both players start on the outside line.
2. The non-working player passes the ball into the working player.
3. The working player checks-in towards the middle cone, receives the ball just outside the middle cone, and plays the ball back into the non-working player.
4. The working player then backpedals to the outside line where they began and repeats this ten times before switching partners.
5. Change how the player receives the touch:
 - a. Inside of the foot: Have the player receive the ball with inside of foot across the body and pass with the inside of the opposite foot.
 - b. Outside of the foot: Have the receiving touch with the outside of the foot to the outside of the same foot and return the pass with the inside of the foot.
 - c. Play in 1-touch with the inside of the foot alternating right and left foot.
 - d. Play in 1-touch with the outside of the foot alternating right and left foot.

Coaching Points

- Receive the ball with the proper surface of the foot.
When receiving the ball with the inside of the foot, the toe should be slightly lifted with the heel down.
- When receiving the ball with the outside of the foot, make sure the tow is turned inwards towards the plant foot.

Variations

- Add other patterns to receive the ball such as the inside of the foot to the outside of the same foot, trap with the outside of the foot and return it with the inside of the same foot, etc.
- Have players pick up the ball and work on taking touches out of the air.