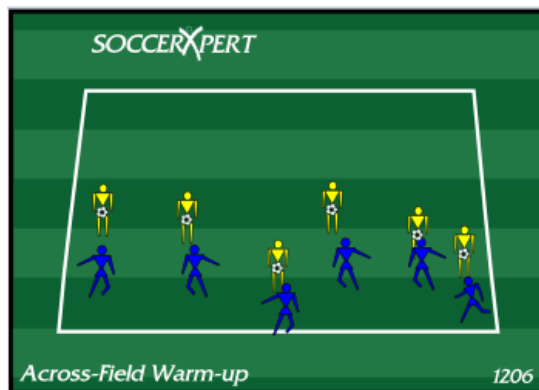




Drill Quick Glance

Age: 8+	Field: 35X40
Players: 2+	Time: 10 MINS.
Difficulty: EASY	Focus: WARM-UP
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Across-Field Warm-Up

Objective:

This soccer drill is mainly focused on technical skills during warm up. This is a great drill to do at the beginning of each game.

Setup

1. Divide the team into pairs with 1 ball for each pair.
2. Player 1 stands along the touchline, while player 2 starts 3-5 yards away facing their partner.
3. Players 2 will start with the ball.

Instructions

1. The player 2 holds the ball in their hands and jogs backward across the field while tossing the ball to their partner.
2. The player 1 jogs forward and receives the ball and returns the ball to their partner.
3. When the players reach the other touchline, the roles should be reversed and return to the other touchline.
4. The players should work on one of the following skills each time across the field:
 - o Volley the ball back to the thrower with the inside of the foot - alternating right and left.
 - o Volley the ball back to the thrower with the instep (shoe laces) - alternating right and left.
 - o Trapping the ball with the thigh and returning it to the thrower.
 - o Trapping with the chest and returning it to the thrower.
 - o Heading back to the thrower – should make the receiver do jumping headers as well.

Coaching Points

- Good body positioning behind the ball.
- Controlled touches before playing the ball back.
- Getting a good warm-up.

Variations

- Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.