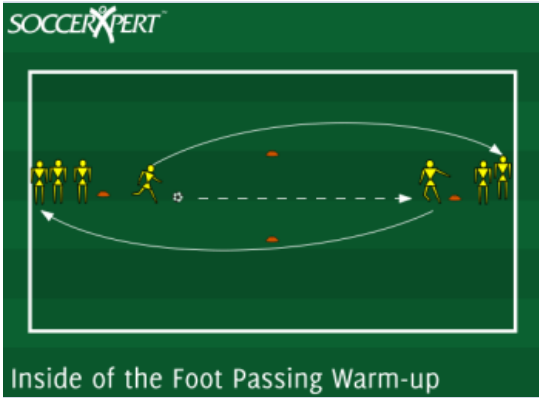




Drill Quick Glance

Age: 8+	Field: 10X20
Players: 5+	Time: 15 mins.
Difficulty: EASY	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Inside of the Foot Passing Warm-up

Objective:
This passing warm-up drill will focus on accuracy when passing with the inside of the foot.

Setup

1. Create a small window with two cones approximately 4 yards apart.
2. Split the team evenly into two groups.
3. Each group should line up about 6 yards from the passing window.
4. The play in front of one of the lines should start with the ball.

Instructions

1. The first player in line passes the ball through the window to the first player in the other line.
2. The passing player then follows their pass to the back of the other line by sprints outside the window.
3. The receiving player then takes a touch then plays the ball back through the window to the next player in the other line.
4. The passing player then follows their pass to the back of the other line.
5. Repeat.

Coaching Points

- Clean first touch
- Toe up, ankle locked
- Strike the ball smoothly with the inside of the foot
- Good pace on the ball
- Focus on accuracy between the cones

Variations

- Pass in one-touch