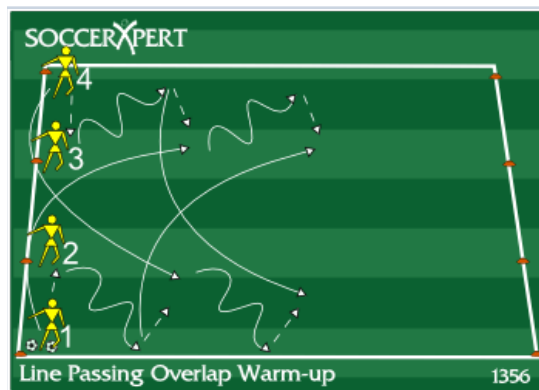




Drill Quick Glance

Age: 8-14	Field: HALF FIELD
Players: 4+	Time: 10 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers

Line Passing Overlap Warm-up

Objective:

This passing and overlapping warm-up soccer drill will help perfect the introduction of overlapping runs, playing off the pass, as well as teamwork through communication.

Setup

1. Start with 4 cones set along a sideline about 10 yards apart.
2. Line the players evenly up behind each of the cones.
3. The players on each of the outside cones start with the ball.

Instructions

1. Player 1 passes to player 2 at the same time player 4 passes to player 3.
2. Player 2 and 3 dribbles with speed to the outside line.
3. Player 1 makes an overlapping run around player 2 and runs into the space player 3 is leaving.
4. Player 4 overlaps player 3 and fills the space that player 2 is leaving.
5. Continue this pattern until the players reach the other side of the field.
6. Encourage players to keep the same spacing as they started.

Coaching Points

- Quality of passes into the feet or space of the attacker.
- Make early runs with speed since they have a long way to travel.
- Dribbling players should angle the dribble towards the outside and should dribble with speed.

Variations

N/A