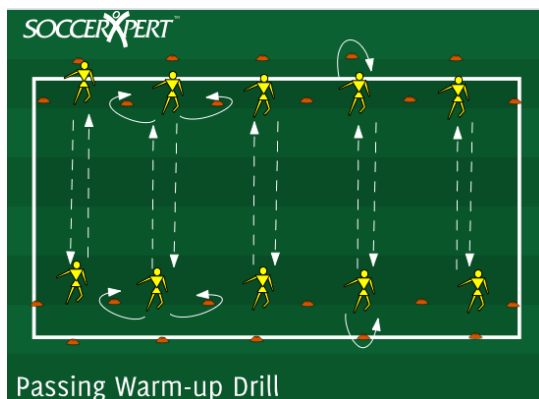




## Passing Warm-up Drill

### Objective:

This is a passing warm-up drill that is a great start to every practice and before a game. Players will get a lot of touches on the ball and can focus on receiving and passing while getting in a good warm-up.

### Setup

1. Split the team into groups of two players with one ball per group.
2. Set cones up creating a 5-yard passing lane about 10 yards apart.
3. Set a different color cone about 5-yards from the passing lane creating a triangle.
4. Players position themselves between the passing lane across from their partner.

### Instructions

In this warmup drill, run through a few of these variations for 3-4 minutes each.

1. Players start with two-touch passes to one another. Players should be on the balls of their feet and moving.
2. Players play in two-touches, but this time, immediately after making a pass, the passer alternates moving around the cones to their right and left.
3. Players play in two-touches; immediately after making a pass, the passer touches their chest to the ground and quickly returns to their feet to receive the next pass.
4. Players play in two-touches; immediately after making a pass, the passer turns and runs around the cone behind them and check-in to the middle of the cones to receive the next pass.
5. Players play in two-touches; immediately after making a pass, the passer touches their butts to the ground and quickly returns to their feet to receive the next pass.
6. Players play in two-touches; immediately after making a pass, the passer moves backward to the cone and checks-in to the middle of the cones to receive the next pass.
7. Players play in one-touch passes.

### Coaching Points

- Quality first touches, keeping the ball in front of the players.
- Communication between the two players.
- Good pace on the pass
- Good accuracy of the pass

### Variations

- Be creative and add other activities to mix things up.

### Drill Quick Glance

|                       |                  |
|-----------------------|------------------|
| Age: 7+               | Field: 20X30     |
| Players: 4+           | Time: 15 MINS.   |
| Difficulty: MEDIUM    | Focus: PASSING   |
| Keeper: NO            | Type: INDIVIDUAL |
| Author: Chris Johnson |                  |

### Equipment

Disc Cones/Markers | Soccer Balls