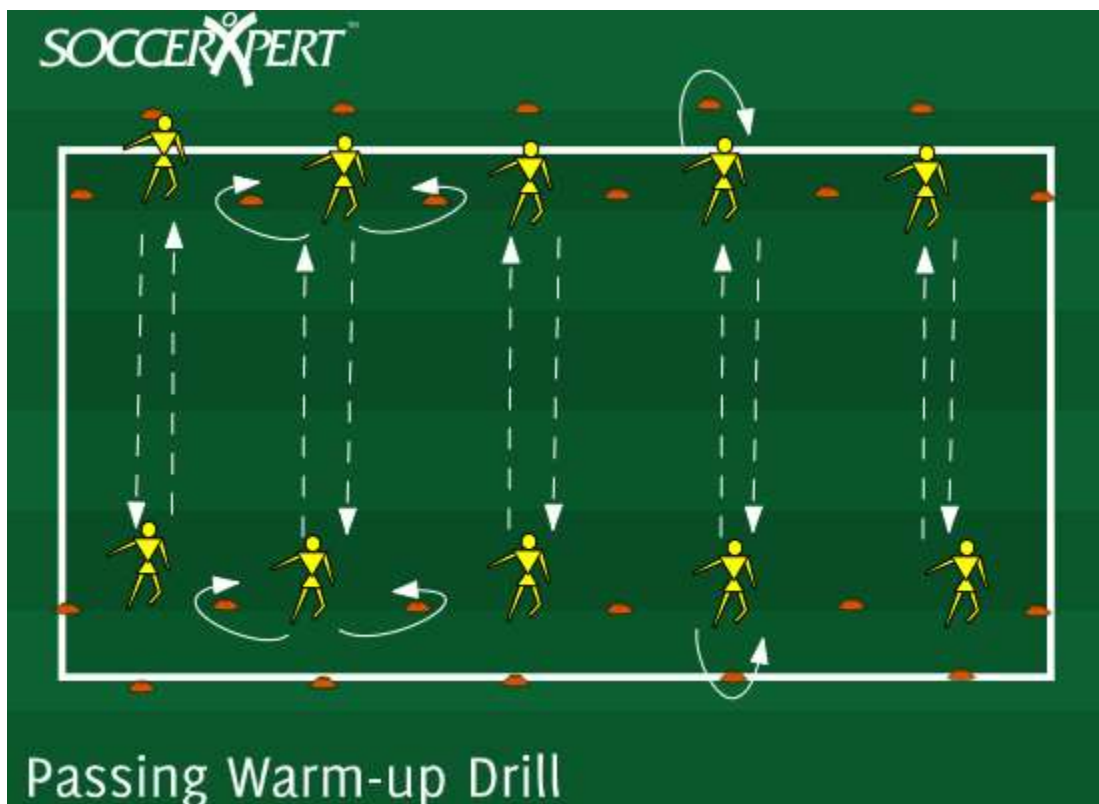


Passing Warm-up Drill

Chris Johnson 12,711 Views Rating 0 (0 Reviews)

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.



Passing Warm-up Drill

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Drill 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.

Drill 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.

Drill Variations

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

Drill 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

Equipment

- **Disc Cones - Mini or Full-Size Disc Cones** are a critical piece of equipment that every soccer coach must have in your equipment bag.
- **Soccer Practice or Training Balls** - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 7 - U7, Under 7, 7 and Under
- 8 - U8, Under 8, 8 and Under
- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under

- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

- Passing - Soccer Passing Drills
- Receiving - Soccer Receiving & Turning Drills
- Fitness - Soccer Fitness Drills
- Warm-up - Soccer Warm-up Drills

Soccer Drill Titled: Passing Warm-up Drill

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