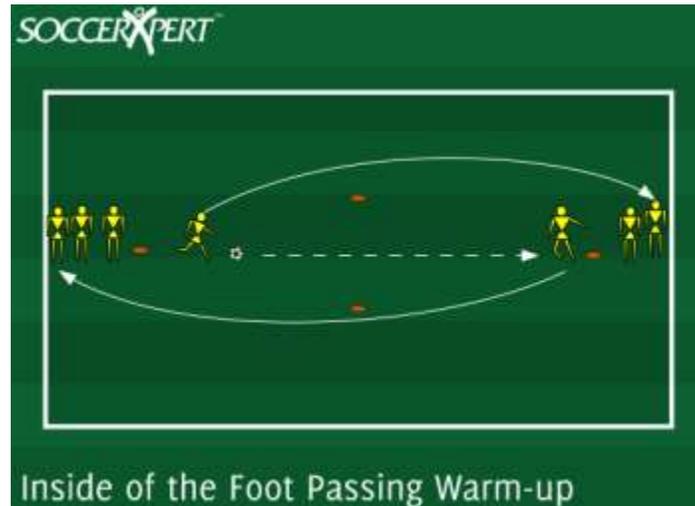


Inside of the Foot Passing Warm-up

Chris Johnson 128,960 Views Rating 3.37 (19 Reviews)

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



inside of the foot passing warm-up

This warm-up drill focuses on passing with the inside of the foot.

Drill 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.

Drill 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.

Drill Variations

- Pass in one-touch

Drill 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

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
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

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

Soccer Drill Titled: Inside of the Foot Passing Warm-up

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