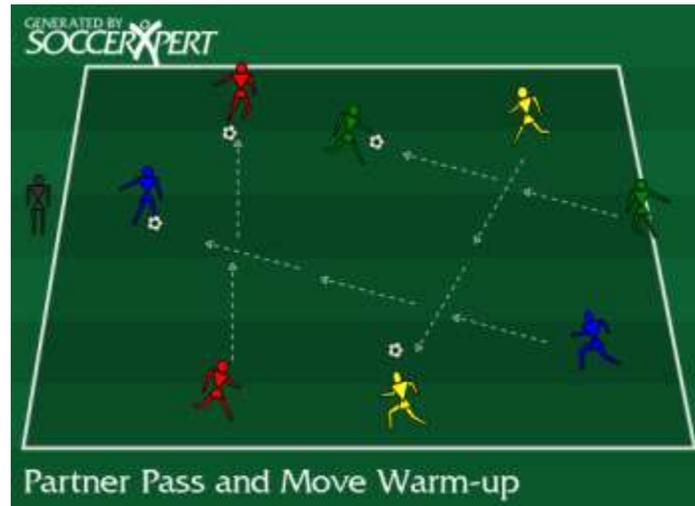


Partner Pass and Move Soccer Warm-up

Chris Johnson 71,679 Views Rating 3.76 (29 Reviews)

This soccer passing drill will help you focus and teach a young player how to pass with the correct surface on the foot, how to receive a ball and move after receiving the pass.



Soccer Pass and Move Soccer Passing Warm-up Drill

This soccer passing drill will help you focus and teach young players how to pass, move, receive a ball, and move after receiving the pass.

Drill Setup

1. Create a 20X20 yard grid (you can change the size of the grid based on the number of players).
2. Organize the players into groups of two.
3. One ball per group.

Drill Instructions

1. Each group of two should only pass to their partner while moving around the grid.
2. Each player should be instructed to pass and receive with the inside of the foot.

Drill Variations

- Restrict the number of touches.

Drill Coaching Points

- Make sure the players are using the inside of the foot for both trapping and passing

- Make sure the receiving player moves his body behind the path of the ball when receiving.
- Make sure the players move after making the pass to their partner.
- Make sure the players are putting the right amount of weight and pace on each 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.
- **Scrimmage Pinnies/Vests** - Scrimmage vests, also called bibs or pinnies, are also another must-have in your soccer coaching equipment bag.
- **Soccer Practice or Training Balls** - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 4 - U4, Under 4, 4 and Under
- 5 - U5, Under 5, 5 and Under
- 6 - U6, Under 6, 6 and Under
- 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

Soccer Drill Skill Focus

- **Passing - Soccer Passing Drills**
- **Receiving - Soccer Receiving & Turning Drills**

Soccer Drill Titled: Partner Pass and Move Soccer Warm-up

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