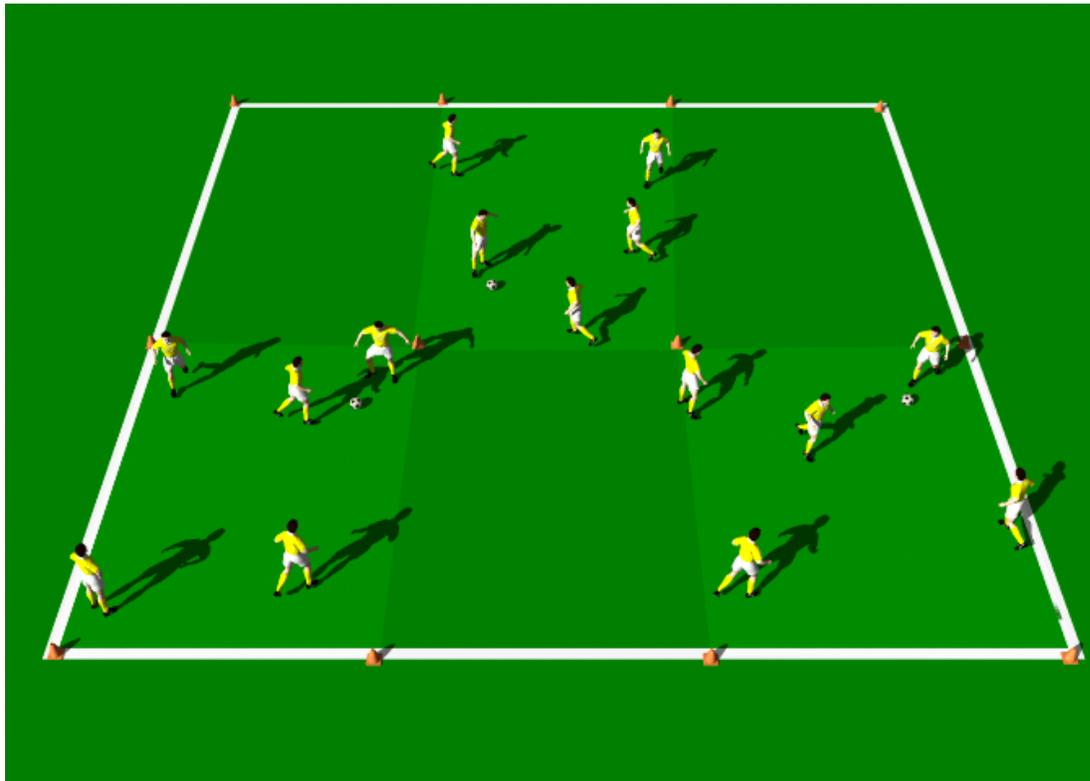


## Passing Warm Up



### **Objectives:**

This is a warm up as a precursor to a passing training session.

### **Coaching Points**

Divide your players into three groups and place a group in each square, with one ball per group (as in the diagram above).

The activity is progressed in the following sequence:

1. Have players pass the ball around the square using “one or two touches”.
2. After players pass the ball they must sprint around one of the corner cones.

### **Emphasize quality passes.**

**Ensure players are constantly moving around the square.**

### **Field Preparation**

- ☆ Entire team.
- ☆ Area 20 by 20 yards
- ☆ Supply of Balls and Cones