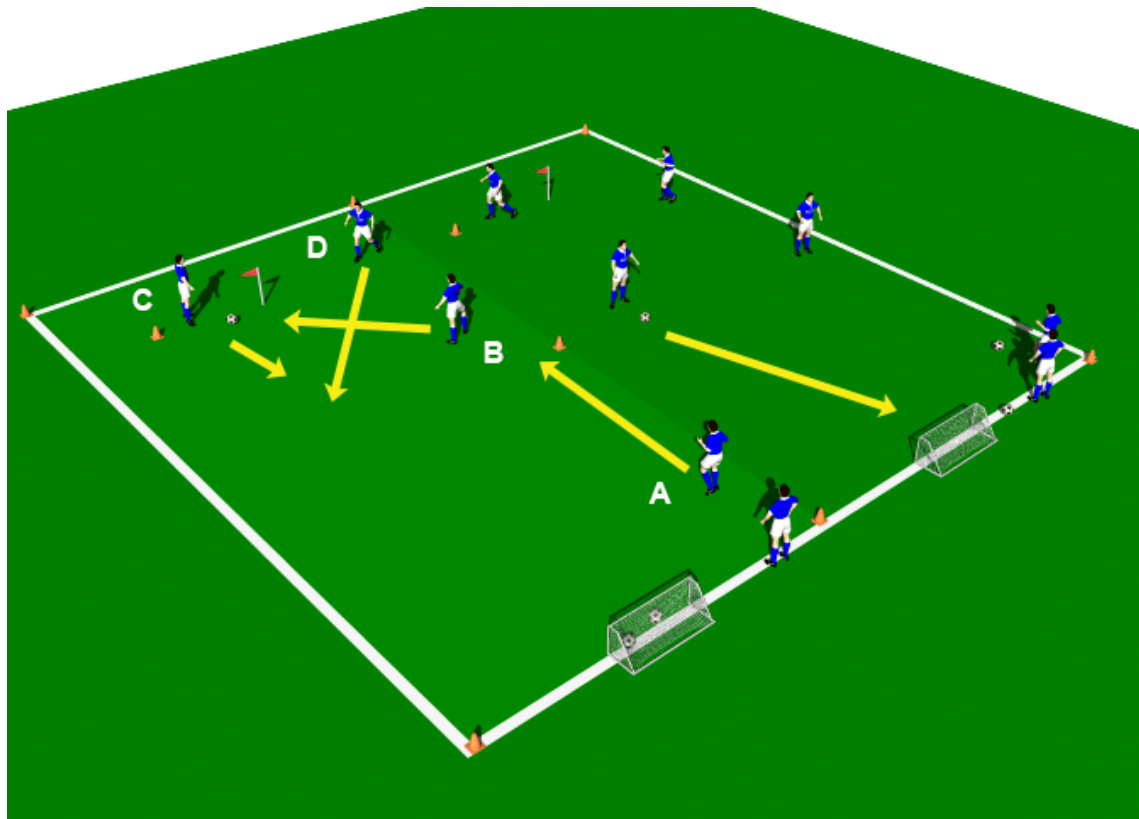


## Pass Finish Warm Up



### **Objectives:**

This is a fun passing warm up activity for players involving the entire group.

### **Coaching Points**

Divide your team into two groups. Position each group as in the diagram above. The exercise starts with player "A" passing the player "B" and moving into "B's" spot. Player "B" passes to player "C" and moves to player "D,s" spot. Player "C" plays a give and go pass with player "D", then runs towards the goal and shoots at the goal. This sequence is then repeated.

Challenge both teams, first team to score 10 goals win!

### **Field Preparation**

- ☆ Entire team..
- ☆ Area 20 by 20 yards
- ☆ 2 Small Goals.
- ☆ Supply of Balls and Cones
- ☆ Colored Bibs