

Warm Up #4

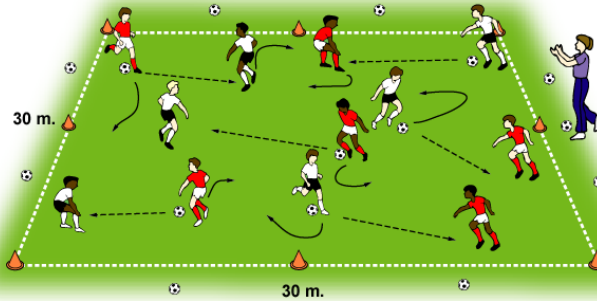
Warm-Up:

Give a Pass; Get a Pass

15 minutes

Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5th wall/double pass possession



Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.
 - a. Pass with inside of foot
 - b. Front foot pass
 - c. Pass with outside of foot
 - d. Double pass
 - e. Wall pass – inside foot
 - f. Wall pass – outside foot
 - g. Receive with inside of foot & turn inside.
 - h. Receive with inside of foot & turn outside.
 - i. Receive with outside of foot & turn outside.
 - j. One-touch straight back.
 - k. Open out, One-touch angled pass with inside foot.
 - l. One-touch flick pass off outside of foot.

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