

Active for Life: Warm Up #4

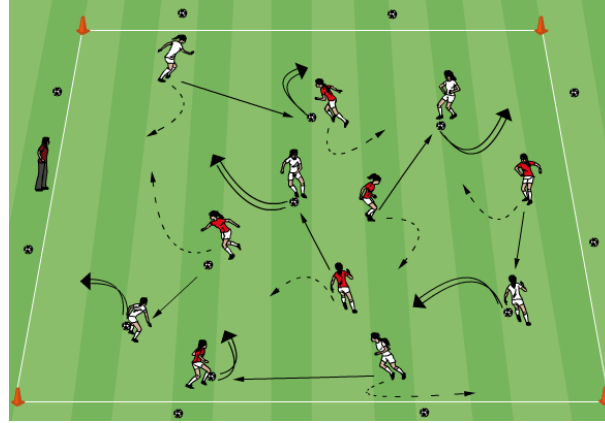
Warm-Up:

Give a Pass; Get a Pass

15-20 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 changes.



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.

<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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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