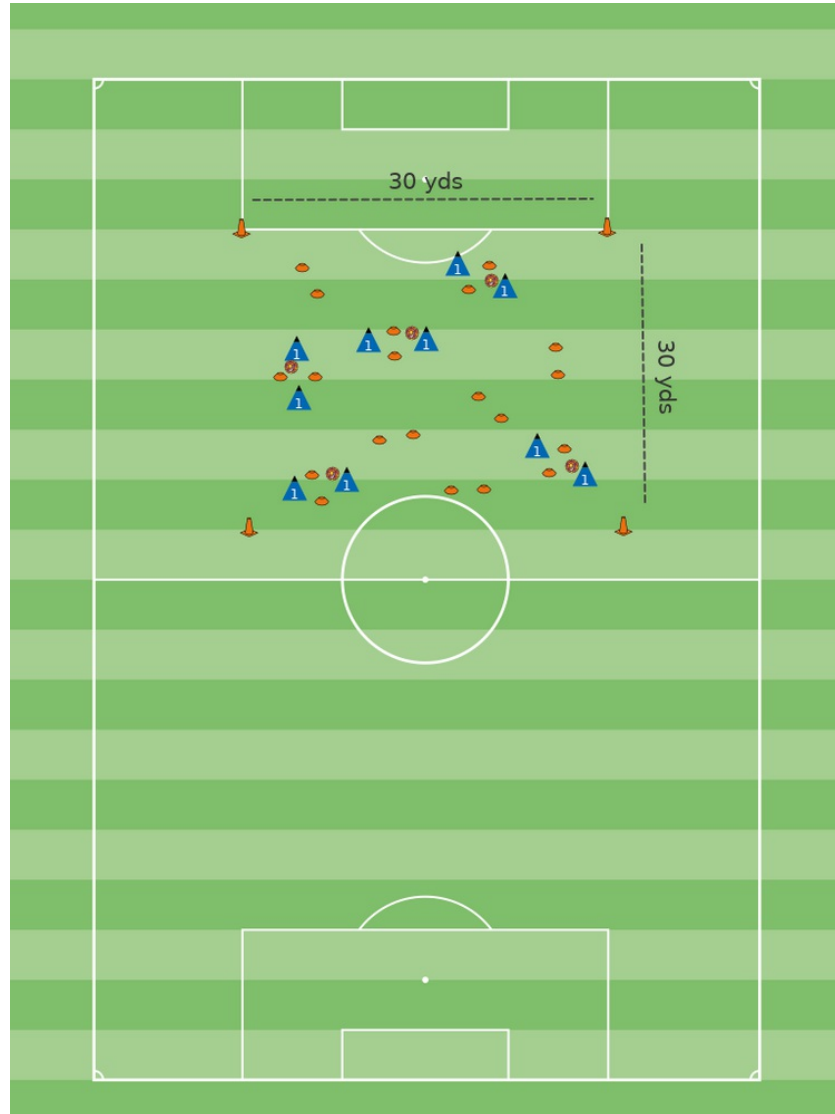


Partner Passing Warm Up

OBJECTIVE: Improve the individual player's understanding of how to move to support teammate's by providing a passing...

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown with several mini cone goals set up around the field. Each partnership has one ball. The player with the ball must pass to his/her partner through any of the cone goals. The player receiving the pass must then dribble to a different cone goal and pass back to his/her partner. Play for 1 minute. The players must try and pass through as many cone goals as possible. You can force the players to use various techniques passing the ball through the cones after playing a couple rounds (i.e. outside of the foot, back heel, etc.).

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

⌚ TEAM FUNCTION:

Attacking

👤 AGE:

U6 / U10

👤 PLAYERS:

1

⌚ DURATION:

5:30 min (4 x 1:0 min, 0:30 min rest)

⌚ INTENSITY:

Very Very Light