



PARTNER PASS AND MOVE WARM-UP

Emphasis:

This soccer passing game will help you focus and teach young kid how to pass with the correct surface on the foot, how to receive a ball, and move/turn after receiving the pass.

Game Info:

This is for ages U6-U14. It is best run with at least 6 players but no more than 20 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Create a 20X20 yard grid (you can change the size of the grid based on the number of players). Organize the players into groups of two with only one ball per group.

Instructions:

Each group of two should only pass to their partner while moving around the grid. Each player should be instructed to pass and receive with the inside of the foot.

Progressions:

- Restrict the number of touches.
- Use the weaker foot

Coaching Points:

- Use the inside of the foot for both trapping and passing
- Receiving player moves their body behind the path of the ball when receiving.
- Move after making the pass to their partner.
- Put the right amount of weight and pace on each pass.