



PASSING AND RECEIVING WARM-UP

Emphasis:

This game focuses on passing and receiving. It's a good game that can be tweaked to focus on any types of passing or receiving skills.

Game Info:

This is for ages U8-U14. It is best run with at least 5 players but no more than 20 players. The game should be run approximately 25 minutes on a small field.

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

Setup:

Build a grid approximately 20x20 yards. Create two even teams with one team on the outside of the square and the other teammates inside the square. Every player on the outside of the grid should have a ball. The players inside the square will be working.

Instructions:

The players inside the grid will move inside the square and check to any of the players along the outside of the grid and calling their name. The player on the outside plays a ball into the player who quickly returns the ball back to that player in one touch. Have the players work for 1 minute and switch inside and outside groups.

Progression:

- Players must have a touch with the inside, outside of the foot before returning the ball to the outside player.
- Have the outside players pick the ball up in their hands and play balls into the inside players. The inside players can go through the following skills: Inside foot volley, top of the foot volley, thigh volley, chest volley, headers, etc.
- Have the players work 30 seconds at a comfortable speed, and 30 seconds at full speed
- Receive the ball, turn and pass to a player without a ball

Coaching Points:

- Controlled first touch and preparation
- Quality passes
- Movement off the ball
- Get in line with the ball.
- Determine receiving surface early