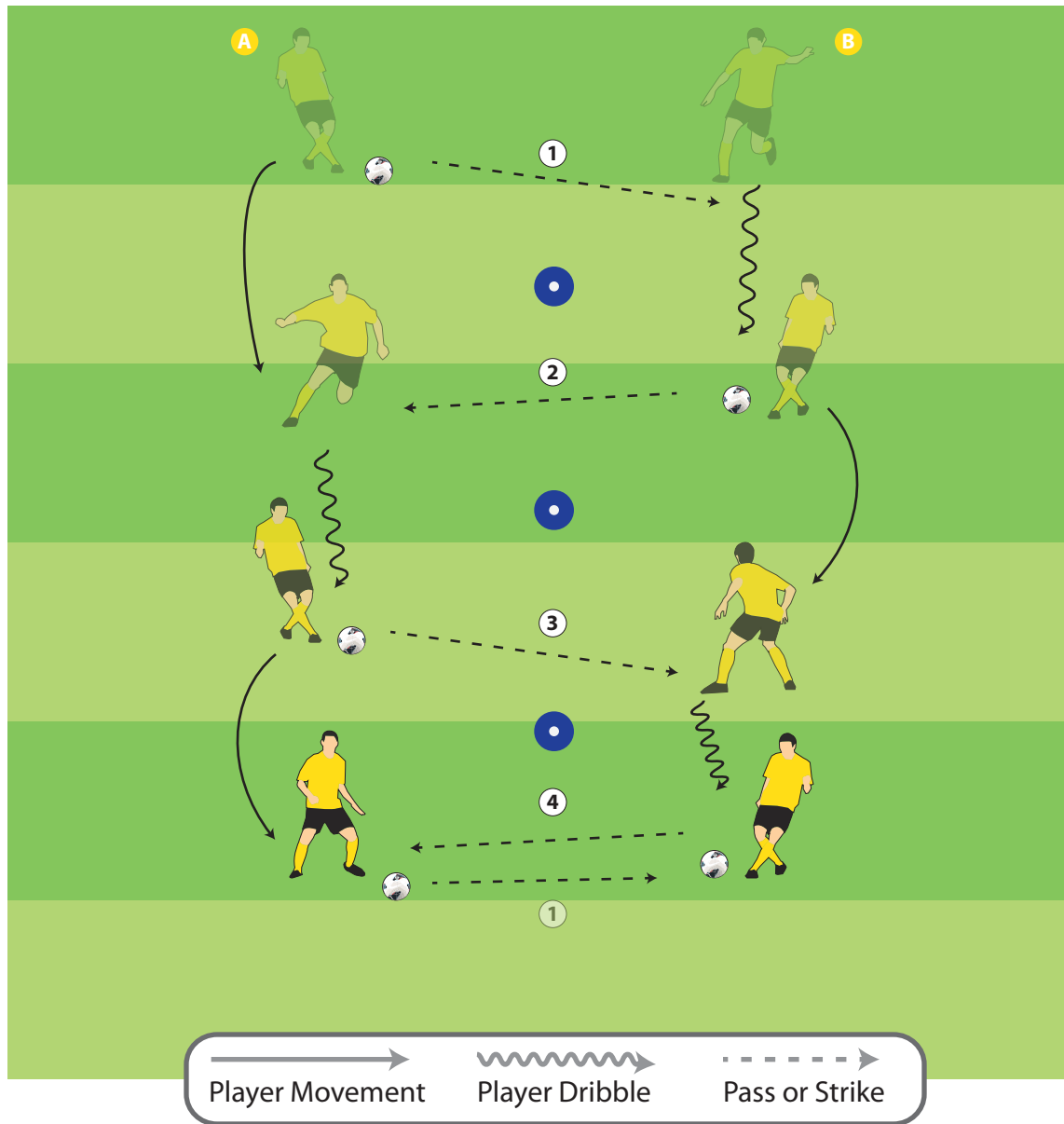


U10-Adult 2 Player Ladder Cone Passing Exercise



Setup

20 x 30 yard area with 3 cones centered in the area about 5 yards apart from each other. It takes some imagination, the ladder rungs are on the outside and between the cones (dashed passing lane arrows)

Sequence

- This is a 2 player exercise, partner up and find an open area on field.
- (1) Player A passes to Player B to start the sequence.
- (2) Player B takes 1 or 2 touches before passing back to Player A through the next passing lane between the cones.
- Continue (3) (4) then reverse direction back up the ladder.

Variations

- Use only the left or right foot to control and pass the ball.
- Touches can only be made using the inside or outside of the foot.
- Make it a game: How many passes moving up and down can be made within 1 minute.
- Receive the ball with the sole of the foot, perform a drag (roll over), stop the ball with the sole of the foot again then pass the ball back.

Coaching Points

- On the first touch prepare the ball for what's next when receiving it.
- Passes should be strong, accurate and kept on the ground.
- Stay on your toes, execute quickly but quality comes first before speed.