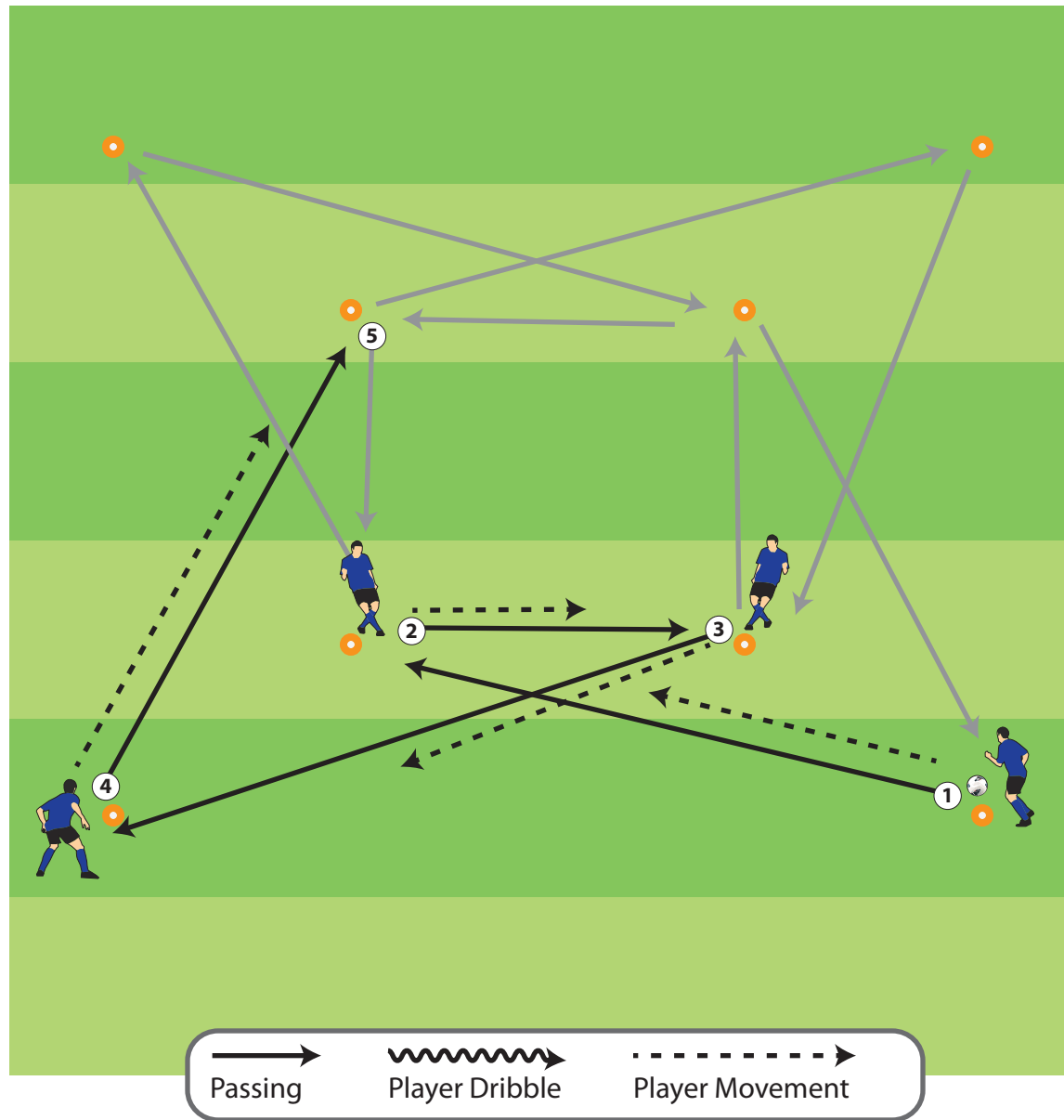


Technical Passing Warm-Up: Inner-Square Outer-X Combinations



Setup

Environment: 30 x 30 yard area Equipment: 8 cones and 2-3 soccer balls.
Layout a 10 x 10 yard square in the center using 4 cones, set the other 4 cones about 10-15 yards off the corners.

Sequence

- Sequence begins by passing from one of the outside corners.
- 1 passes to 2 and follows the pass (always follow your pass).
- 2 passes to 3, then to 4, then to 5 etc... all the way around the square repeating the pattern (gray lines).
- Reverse the direction after 2-3 minutes.

Variations

- Add a 2nd or 3rd ball, expand or contract the space

Coaching Points

- Keep the ball on the ground when striking 1-touch passing.
- Pace and accuracy of the pass, pass to a specific foot.
- Stay mentally focused, communicate and help keep your teammates stay focused. Think ahead... what's next (important with 2nd ball)