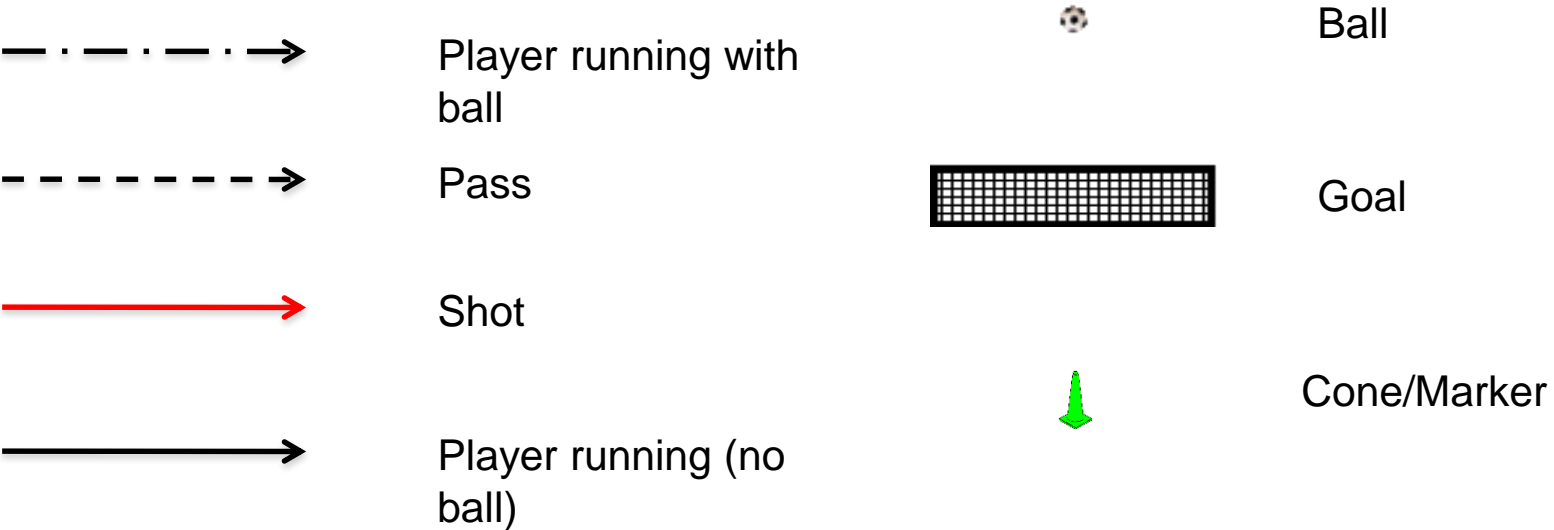




Diagram Key:



Passing and Agility Warm Up 6

Category: Passing/Ball Circulation

Practice Segment:

- Warm Up
- Technical
- **Skills:**
- Passing and Receiving

Players: Groups of 6-8

Time: 10-15 min

Basic Passing with Slalom:

- “gates” 8-10 yds apart
- half of the players @ each gate
- 1 ball at one gate; extra balls to side

- Players pass the ball from gate to gate using 1-2 touches and right or left foot as designated by coach
- After playing ball, players run through 3 cone slalom on the way to the opposite gate
- Repeat in opposite direction w/opposite foot!!!
- If you pass w/right, run right; if you pass w/left, run left

Focus:

- Quality of technique!
- Weight of pass
- Body angle to receive and quality of first touch to prepare ball
- Quality of movement through slalom

