

3 PLAYER PASSING WARM-UP

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Setup:

- Position two cones in a line with a spacing of 30-40 meters.
- Assign one player to each cone, and place the last player in the middle.



Why Use This Drill?

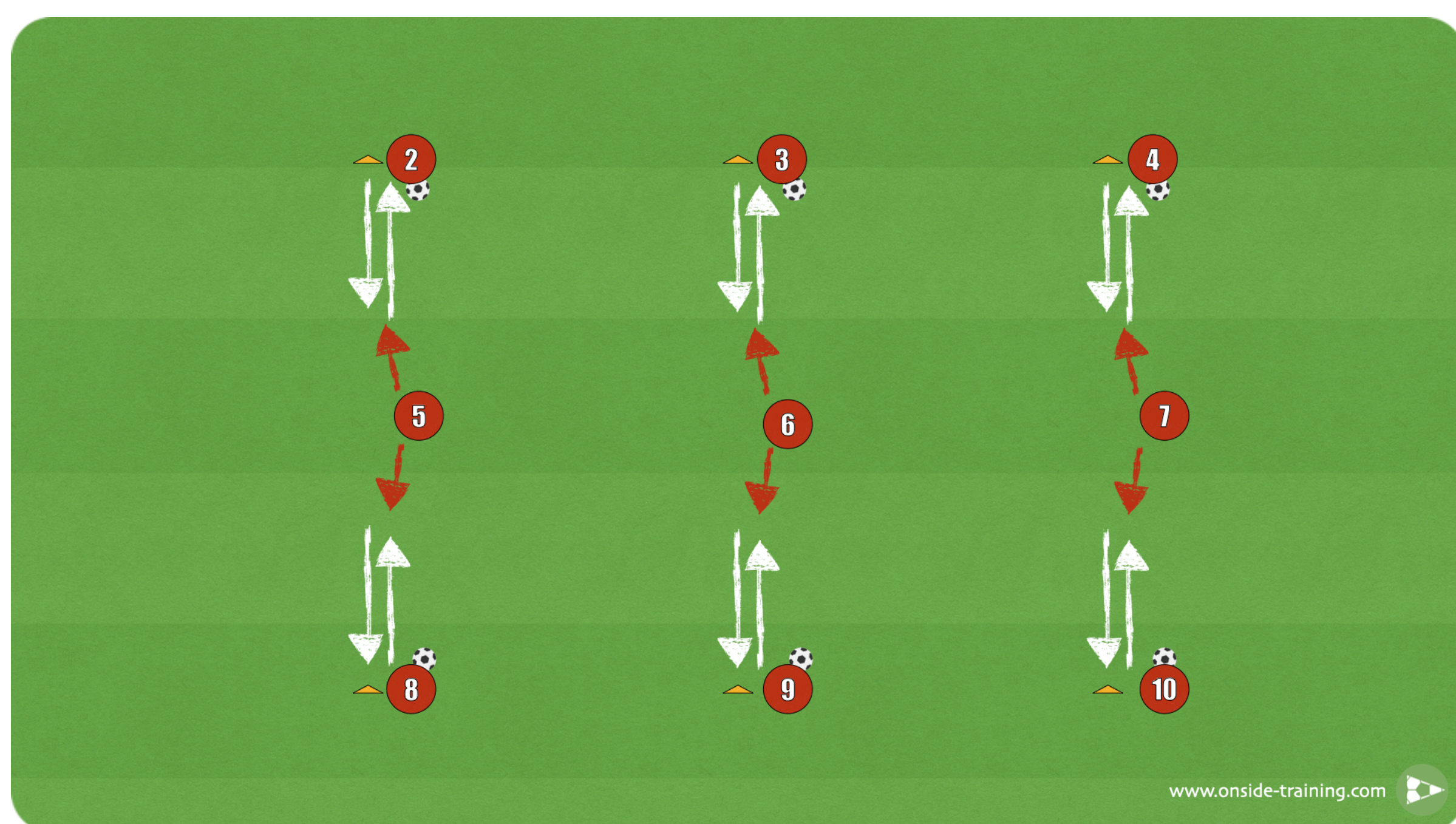
This warm-up passing drill is straightforward yet impactful. The players take turns in the middle, it raises their pulse and intensity, and when by the cones, their pulse gradually lowers. Setting up the drill is easy, and players quickly understand it. Besides being a warm-up drill, it improves passing, movement, and first-touch skills.



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How It Works

In this drill, the player in the middle is the primary focus, while players at the cones rest and recover after taking their turn in the middle. The player should rotate after 1-2 minutes, depending on the fitness level.

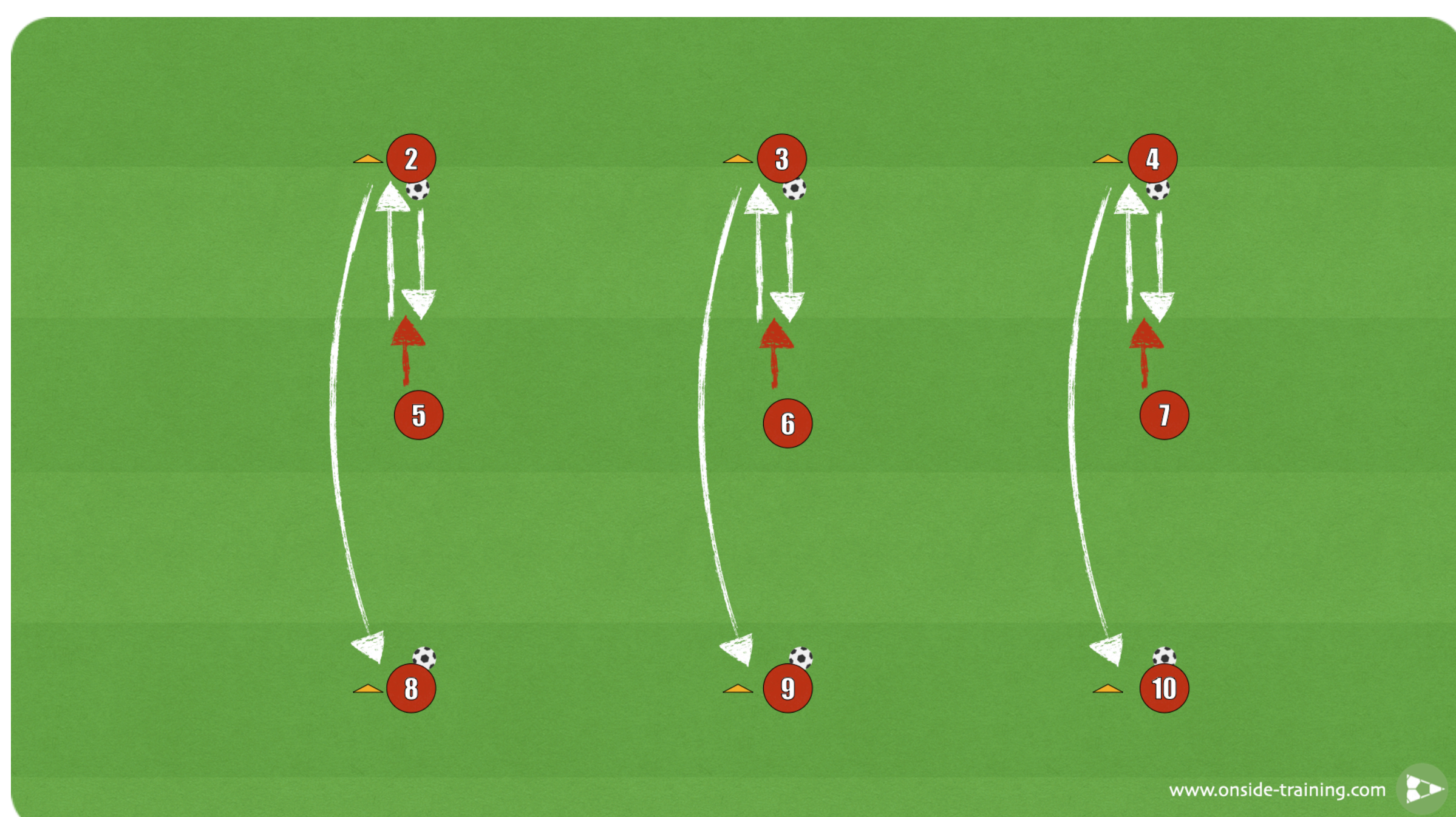
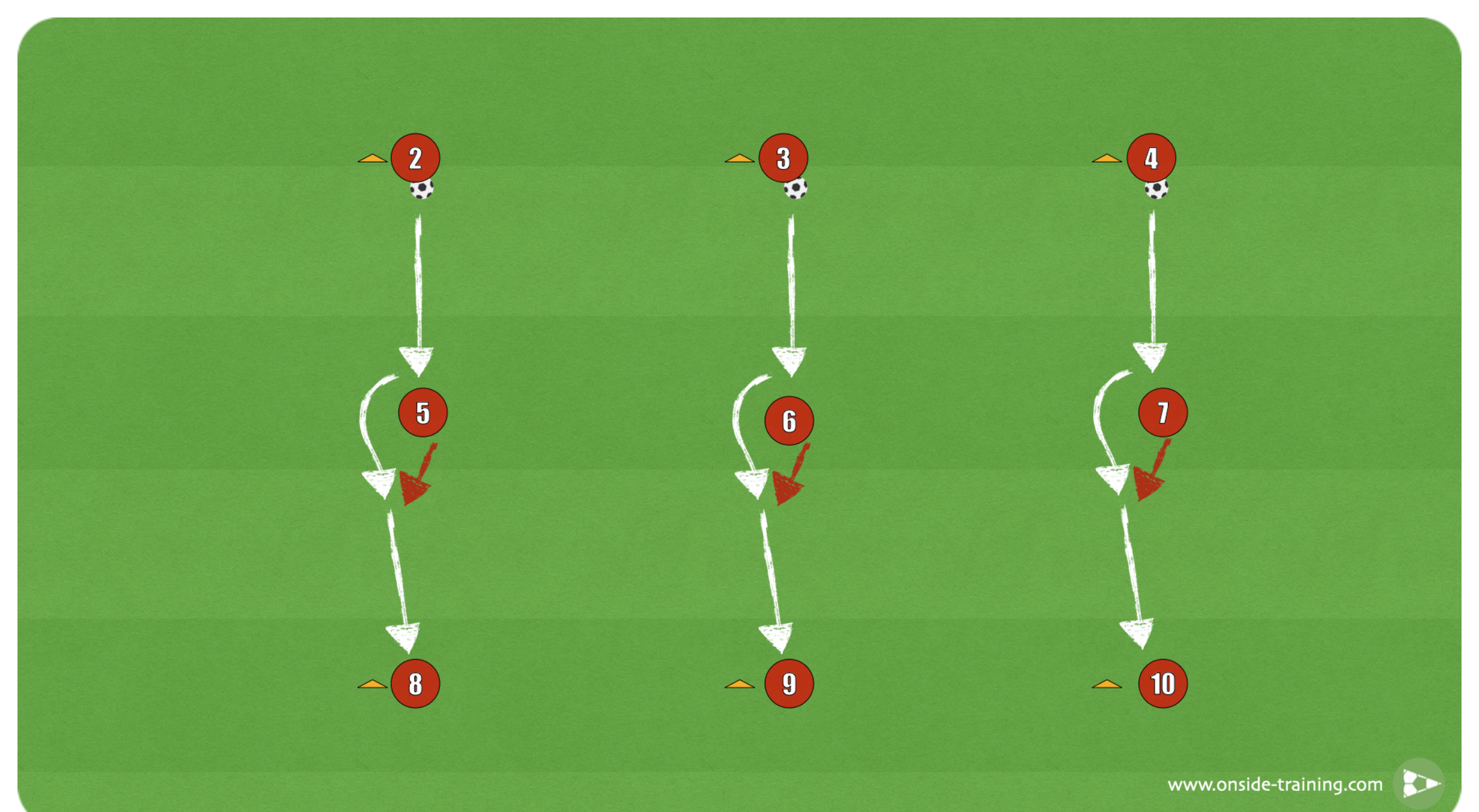


1. Variation:

Both players at the cones have a ball in this variation. The middle player goes back and forth between the cone players, engaging in one-two passing combinations with each of them.

2. Variation:

One player at one of the cones begins with the ball. The player in the middle moves back and forth between the cone players, making turns with a directional first touch, and passing alternately to each of the cone players.



3. Variation:

One player at one of the cones starts with the ball. The player in the middle makes a one-two combination with each cone player. After a one-two combination, the cone player makes a long pass to the other player at the opposite cone.

