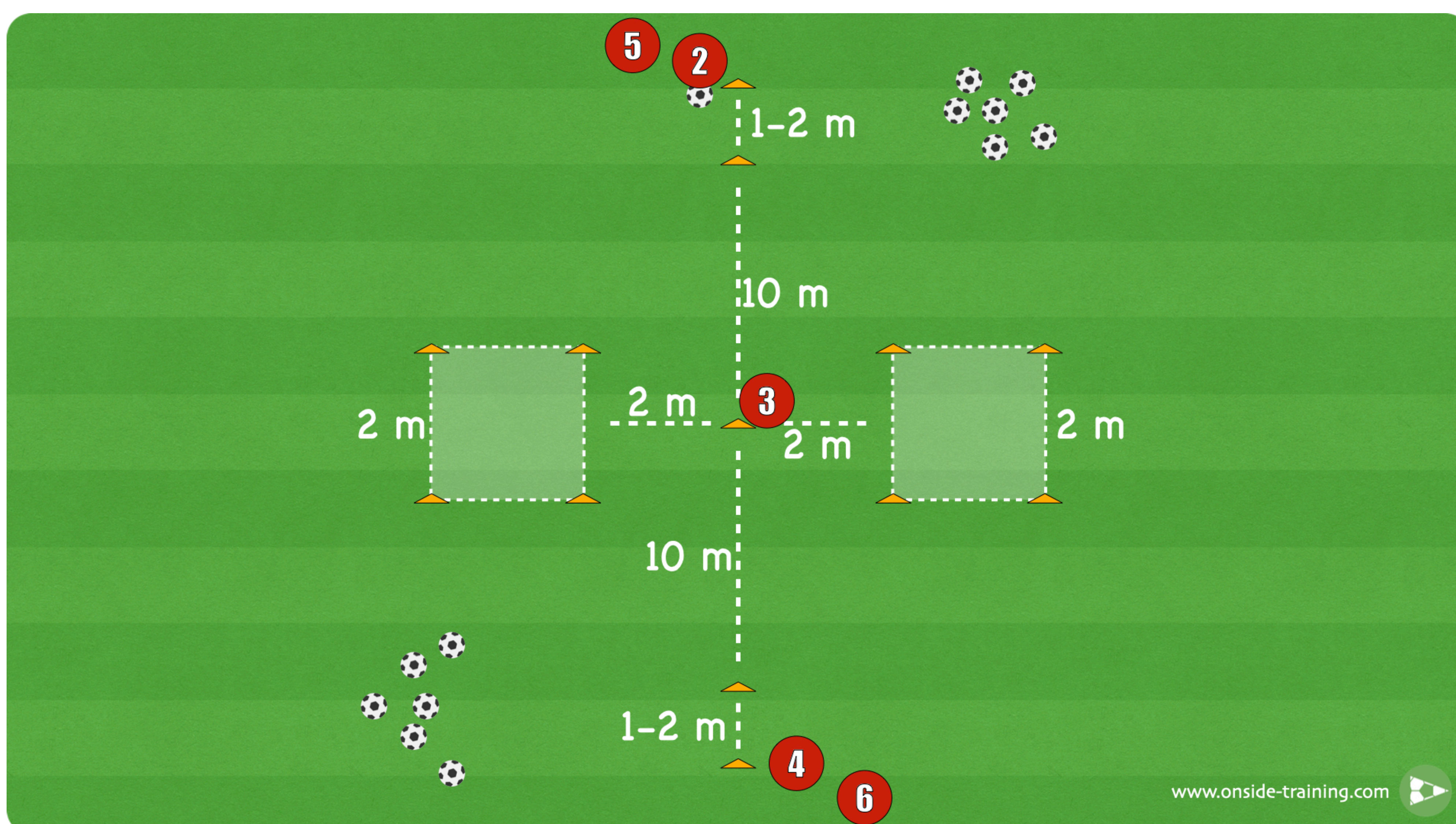


# FIRST TOUCH AND PASSING WARM-UP DRILL

[www.onside-training.com](http://www.onside-training.com)

## Setup:

- Place three cones in a line with a distance of about 10 meters between each cone.
- Position an additional cone at each end of the line, 1 meter apart from the adjacent cone.
- Create two squares, each consisting of four cones, in the middle of each side of the line.
- Position one player at the middle cone and split the remaining players into two groups, placing them behind each end of the cone line.
- Adjust distances between cones based on the age and skill level of the players.



## Why Use This Drill?

This First Touch And Passing Warm-Up Drill is an excellent way to start a training session. It helps players familiarize themselves with the ball through various first-touch techniques and involves a lot of passing. The drill incorporates a lot of movement, effectively warming up the players and preparing them for more intense activities. The two variations complement each other, with the first one focusing on different first-touch methods at a slower pace and the second one introducing more movement and pace.

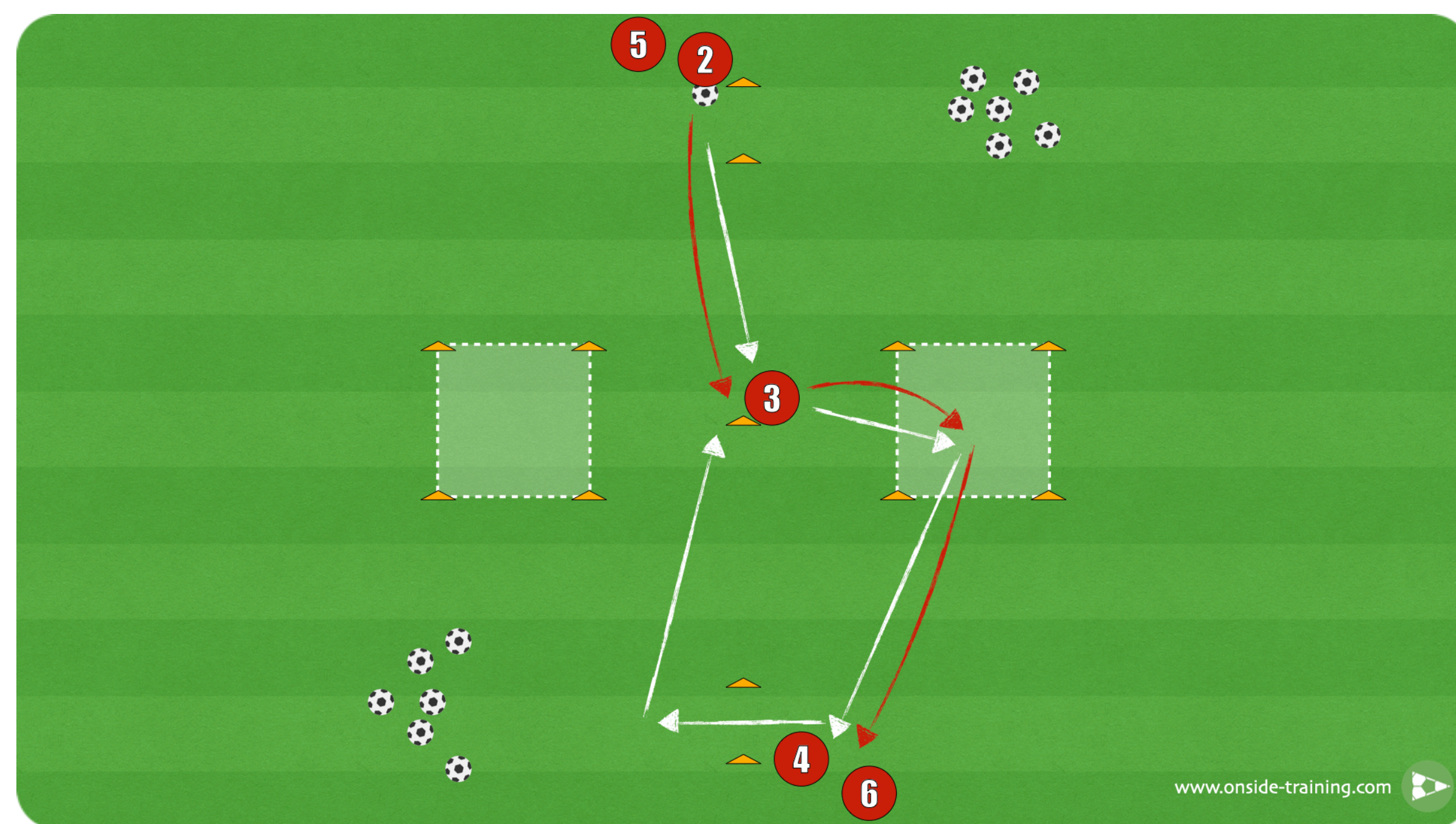


# FIRST TOUCH AND PASSING WARM-UP DRILL

## How It Works

### 1. Variation

- The starting player passes the ball to the player in the middle.
- The middle player takes a controlled first touch into one of the side boxes, turns, and then passes the ball to the next player.
- The receiving player takes a first touch to navigate the ball through the two cones with 1 meter between them, and the drill repeats from the other side.
- For rotation, players follow their pass, with the starting players moving into the middle, and the middle player going back in line after passing.
- Encourage the use of both boxes and both feet. Consider starting with using only the right foot and then switching to the left foot after a set time.



### 2. Variation

- The starting player initiates a one-two passing combination with the player in the middle, moving between the two cones with 1 meter between them.
- Subsequently, the middle player enters the box on the same side as the starting player.
- The middle player receives the ball inside the box, executes a first touch turn, and passes to the next player.
- Rotation remains the same as in the first variation, with players following their pass. Emphasize changing the direction of play to involve both feet.

