

FIRST TOUCH AND PASSING WARM-UP DRILL



Players:
+5



Time:
15 min



Focus:
First Touch



Age:
U8+



Intensity:
3/10

SETUP

- Place 3 cones in a line about 10 meters apart, with an extra cone 1-2 meters outside each end cone.
- Mark a 2x2 meter box on each side of the middle cone, roughly 2 meters out.
- Position one player at the middle cone and split the rest into two groups behind each end of the line.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

A warm-up that gets players on the ball early through first touch, turning and passing. In the first variation, the middle player receives, takes a controlled touch into a side box, turns and passes on, while the receiving player takes a first touch through the end cones. In the second, the starting player plays a one-two and moves through the cones, before the middle player receives inside the box and turns.

Players follow their pass throughout. Use both boxes and both feet to warm up the whole body.

