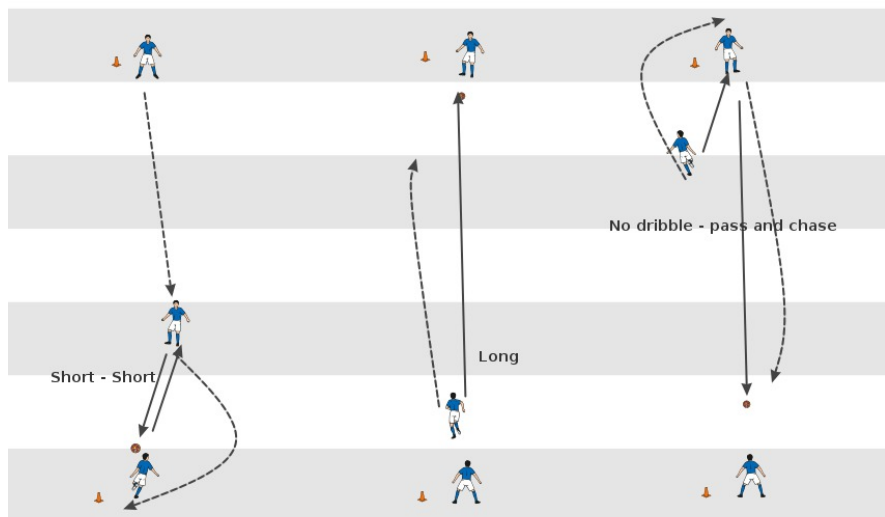


TRAINING EXERCISE

Short-Short-Long Passing Warmup



	Passing and Receiving Combination Play Ball Control
	U9 to Senior
	Players
	Intensity:
	00:00 min (x 00:00 min, 00:00 min rest)

Objective

Improve first and second touch

Description

Groups of 3 players and one ball constantly rotate through sequence of two short and one longer pass

Coaching Points

Communicate. Follow your pass. Passing accuracy and weight. U10 and U11 - use cones to help players maintain initial spacing. Value technique over speed. U12 - encourage one-touch when appropriate for short passes. After a couple of minutes extend distance between lines to 10 yards.