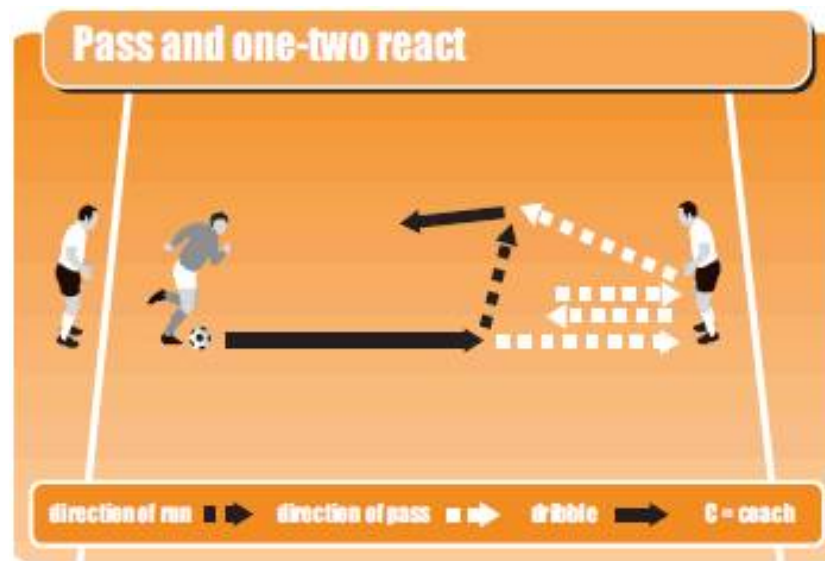


Pass and one-two react

Warm ups should mimic what you expect to see your players doing on the pitch. If you want your players to pass the ball around, work on passing warm ups like this one:

It helps players get into the groove for passing and moving and they will take that on to the pitch and do it from the first blow of the whistle.



- Arrange your players into groups of three.
- The central player works in the middle for one minute.
- This player dribbles the ball to the player opposite and they make continuous one-touch passes.
- When ready, the outside player makes a pass into the space behind the central player.
- The central player must react and turn to run after the ball.
- Repeat the practice with the next player.