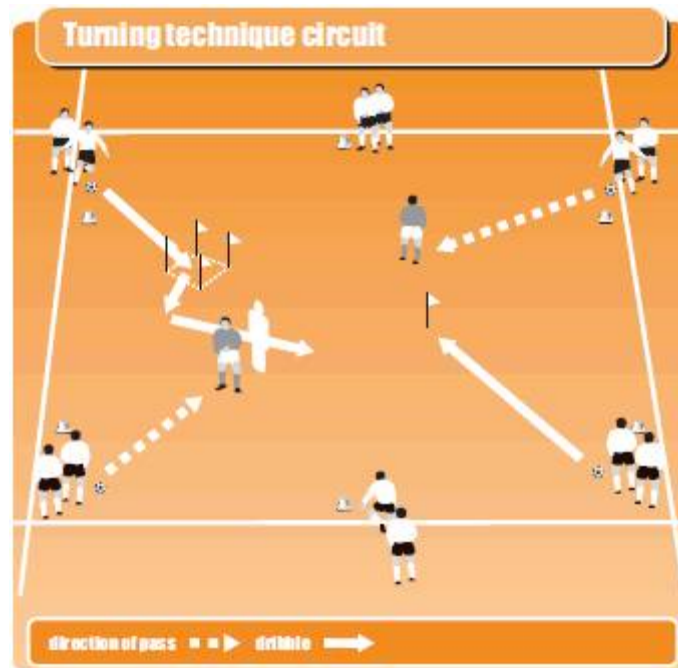


Pass and receive the second ball

One thing to concentrate on when warming players up on match day is passing, moving, turning and dribbling with the ball.

It sets them up for the match ahead of them so they are hitting top gear as soon as they get on the pitch.



How to play it

- Tell your players to pass the ball to you.
- You then make a second pass to the left or right.
- The player must react and sprint to collect the ball and then turn to dribble through the cones as quickly as possible.

You want to see your players reacting quickly and sprinting to the second pass. They need to turn quickly and dribble as fast as they can keep the ball under close control.