

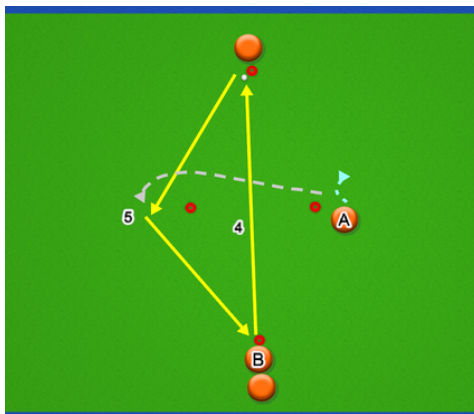
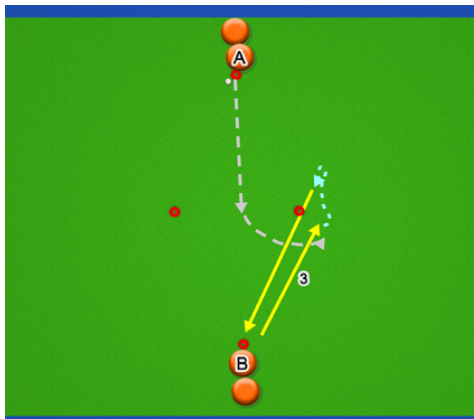
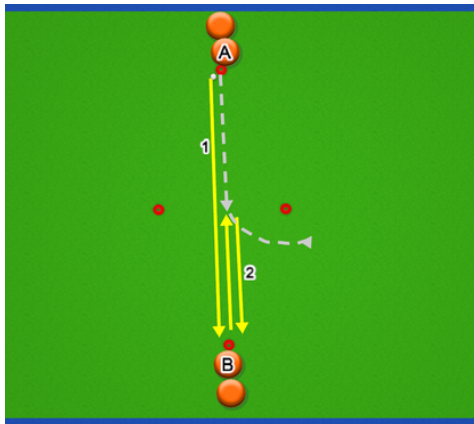
Pass & Move Warm-Up

Submitted by Ian Wagge, Assistant Coach, Bates College

OBJECTIVE

Develop passing, receiving, and off-ball movement while reinforcing possession habits and continuous player movement after every pass.

DIAGRAM



Scan to view
drill video



SETUP

Players

- 4-6 Field Players per group
- Players split into shuttle lines facing the other line

Area

- 15-yard long space between the two shuttle lines
- Position cones to form a diamond shape, 15 yards long x 6 yards wide

Equipment

- Balls & Cones

EXECUTION

1. Player A plays a long ball to Player B and follows the pass into the center.
2. Player B returns the ball to Player A, who passes back before cutting around the right cone with open hips.
3. Player B passes again to Player A, who carries toward the starting position (eyes up!) before returning the ball back to Player B.
4. Player B plays a long ball to the next player in the Player A line and then runs around the right cone to join that line.
5. Player A crosses to the left cone, receives from the opposite side with open hips, and passes to the Player B line, before joining that line.

POINTS OF EMPHASIS

- All movement should be purposeful.
- Receive with open hips and pre-scan before playing the ball.
- Use the pass back to reinforce maintaining team possession when no forward option exists.
- "Sell" the forward option with body position and eyes before playing backward.
- Encourage one-touch passing when the ball arrives in the proper position.

VARIATIONS

- Reverse the direction of the drill.
- Challenge players to complete passes in one touch whenever possible.
- Have Player A receive earlier, carry forward, and then play the first pass to Player B.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot