

Two Lines, Follow Your Pass

Materials: Spot Cones (6-12)

Length: 5-10 minutes

Soccer Skill: Passing

This is a simple game with an emphasis on passing and moving. You will set up one set of cones 2 yards apart and one set of cones 4-8 yard across from them. There will be 2-3 players in a line behind each set of cones. There will one ball with each group. As the player in one line passes the ball he will then follow his pass and get behind the line directly across from him. The player he/she passed it to will collect the ball or trap the ball with the inside of their foot and pass to the player across from them, while following their pass. This will repeat so you get a continuous set of passes between the two lines. Be sure to emphasize proper technique. You can add 1 touch passing to this as well as dribbling where they dribble to the player across from them and leave it. That player will then dribble to the player across from them and it repeats.

This drill is often used as a warm up prior to games

