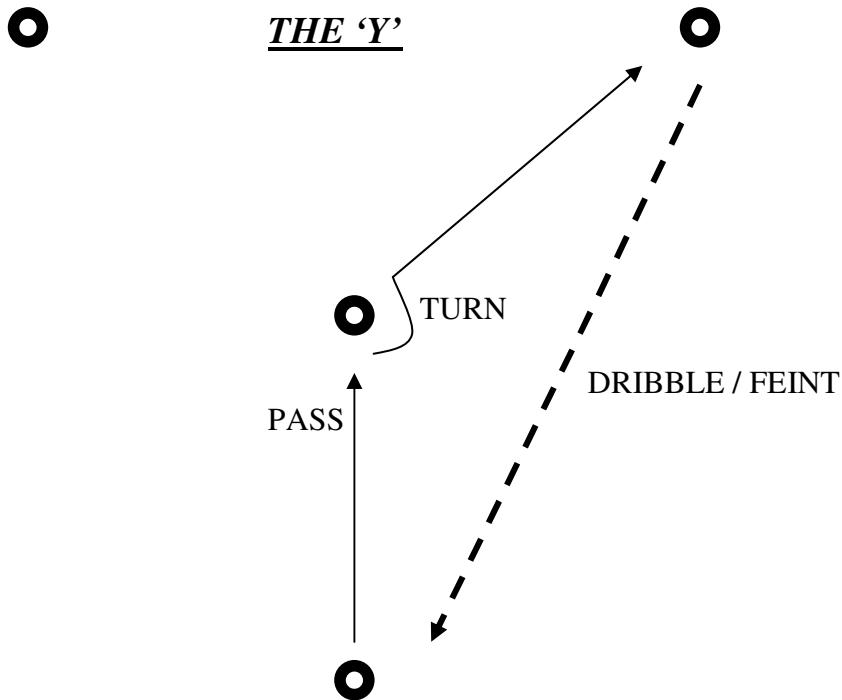


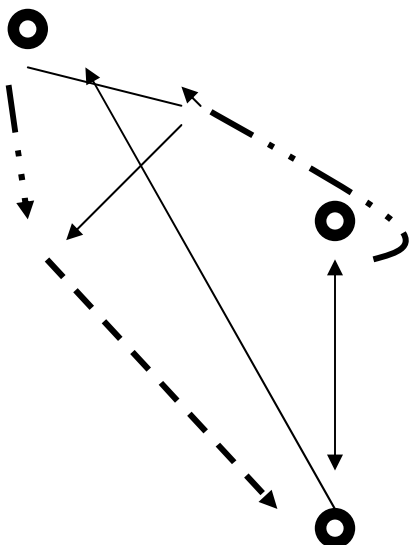
### Technical dribbling and passing warm up activity

- Player at each outside cone to start
- Technical dribble to the middle cone
- Perform a turn at the middle cone
  1. Turn with sole of foot
  2. Cut ball back with inside of foot
  3. Cut ball back with outside of foot
  4. Turn the ball with inside/outside coerver move using two feet
- Technical inside of the foot pass to the player who receives the ball across their body at the cone
- That player dribbles to the next cone and the sequence continues
- Each player follows their pass to the next cone



**Technical dribbling and passing warm up activity**

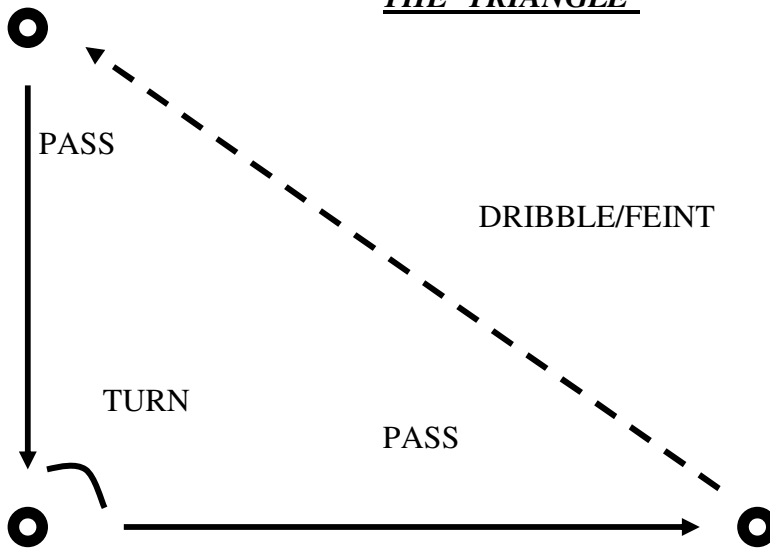
- 4 players at each cone
- First player plays the ball to the player at the middle cone
- The player at the middle cones checks to the ball at an angle, receives the ball across their body, and passes the ball with the inside of their foot to the player waiting at the third cone
- That player dribbles to the start cone, player dribbling performs a feint and/or coerver move as they dribble back to the start
- Next player goes and changes directions of the 'Y' passing sequence



Variation:

- Play a double pass
- Play a driven ball on ground to 3<sup>rd</sup> player
- Center player spins to the outside and supports the 3<sup>rd</sup> player
- 2<sup>nd</sup> and 3<sup>rd</sup> combine with a wall pass
- 3<sup>rd</sup> player dribbles to start cone, repeat to other side

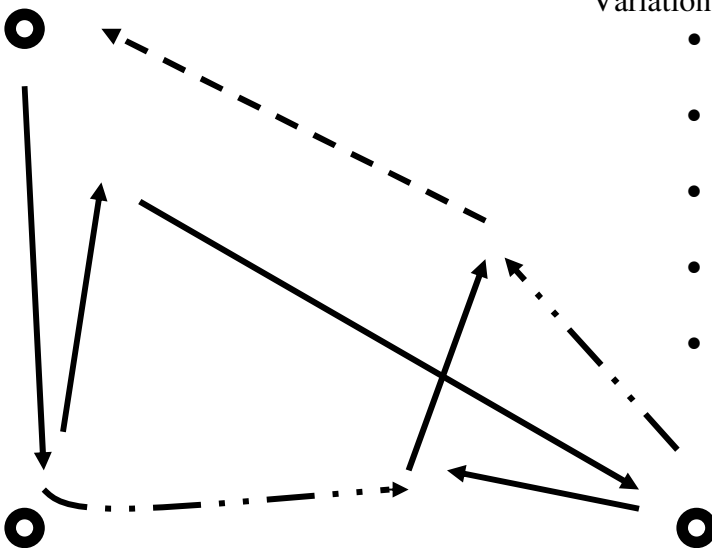
THE 'TRIANGLE'



Technical dribbling and passing warm up activity

- Two/three players per cone
- Technical pass with inside of right foot
- 2<sup>nd</sup> player receives the ball across the body
- Passes to 3<sup>rd</sup> player with inside of right foot
- 3<sup>rd</sup> player receives the ball with right foot and dribbles to start cone while feinting
- Follow your pass to the next cone
  - Change directions are multiple repetitions and set up two triangles

Variation:



- 1<sup>st</sup> and 2<sup>nd</sup> players play a double pass
- 1<sup>st</sup> player passes with inside of foot to 3<sup>rd</sup> player
- 2<sup>nd</sup> player moves to support player 3
- 3<sup>rd</sup> player plays a wall pass with 2<sup>nd</sup> player
- 3<sup>rd</sup> player dribbles to start cone