

Warm-up - Passing angles

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Set Up



6 mins



6 players



1 ball



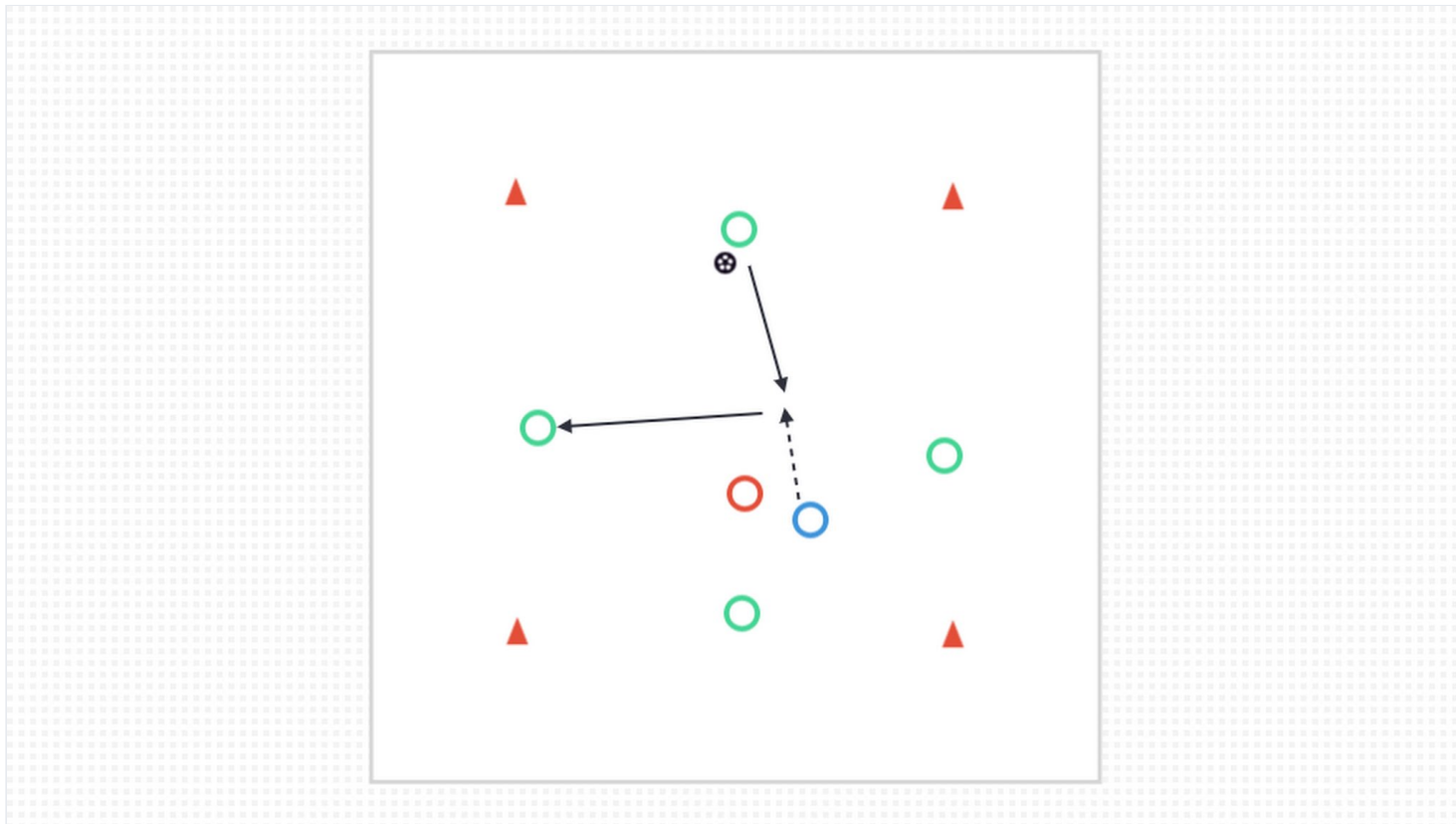
1 bib



4 cones



10m x 10m area



Key Coaching Points

- Create space
- Open up

Setup

Players in groups of 6 play, with 4 on the perimeter and 2 in the middle. One defense, one offense in the middle. Ball is passed around the outside, and then played to the offensive player once they create space. Player receives the ball then passes to a different perimeter player. Rotate roles after 1 minute.