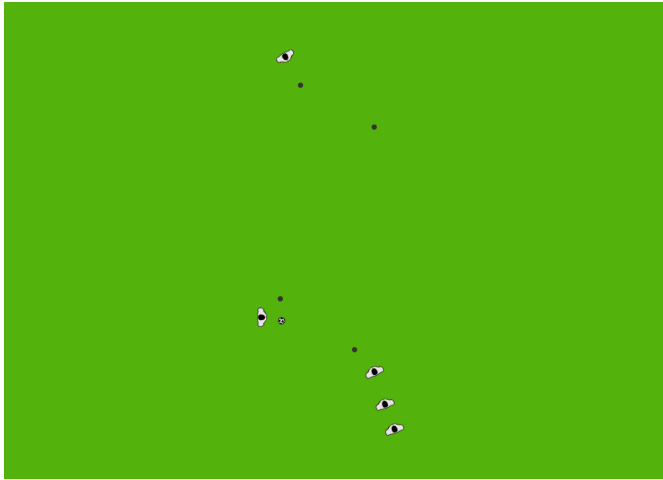


Short - Long - Short Passing Warm Up

Fitness: 100% **Technique:** 40% **Tactics:** 20%

Passing, Ball control, Any, Warm-up, Group (2-8), Team, 0 Goalies



Setup:

At least 20 x 15 off set rectangle (Parallelogram) shape.

Start with one player at each cone on the left and the rest of the team on the closest cone on the right. If a large group, start with 2-3 players on the cones on the left.

Execution:

Begins with player on left, passing a short pass to the first player in line. They hit a short pass back then move toward far cone on the right side. The receiving player will send a short pass to them as they pass the cone. That player will then send a long pass to the other player on the far cone on the left. The player will continue their run towards the far cone on the right. They will receive another short pass and pass it back. That player will then make a long crossing pass to the next person in line, who will restart the short-short-long rotation.

Variations:

2-touch

1-touch