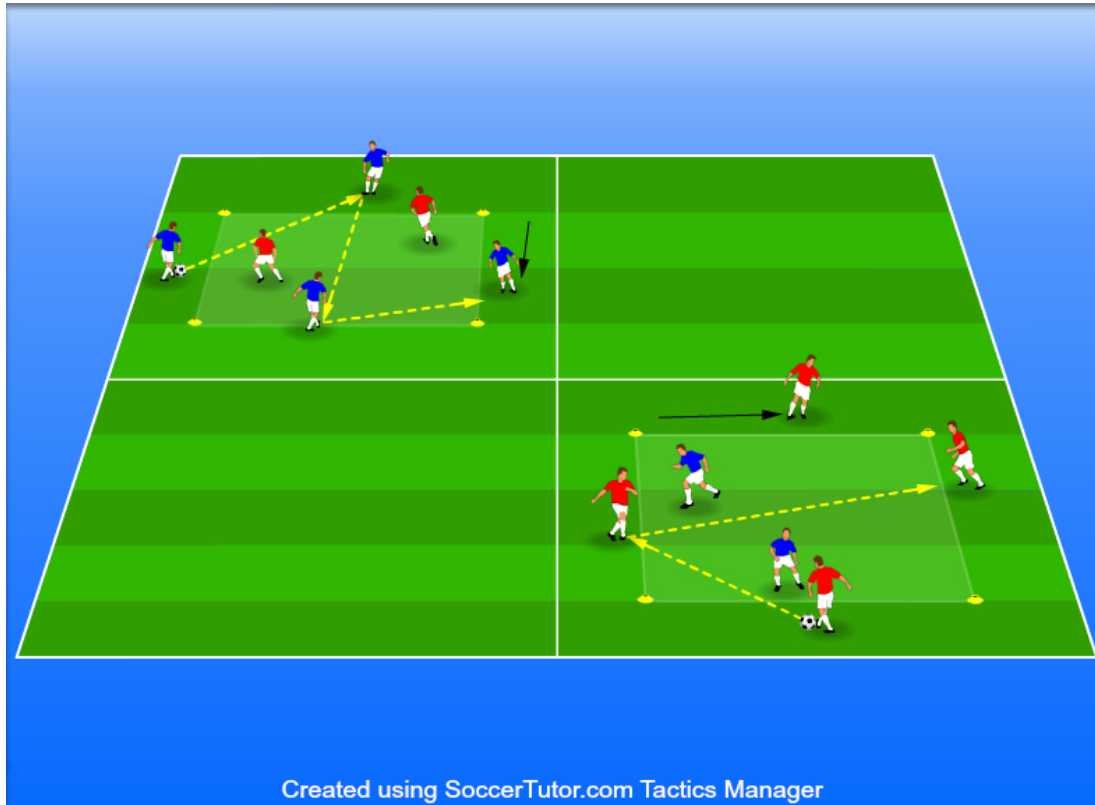


## Passing and Possession Warm-Up



**Levels:** U11-14

**Measurement:** 5 x 5 Yards

**Duration:** 15 Mins

**Players:** 6

**Objective:** To develop passing, possession and creating space (unmarking) in a warm-up practice.

**Description:** In a square of 5 yards we play 4 v 2. The four players outside the square have a maximum of 2 touches and must maintain possession playing only from outside of the square. The two defenders inside the square have to intercept the ball. The player who loses possession ball will change roles to become a defender.

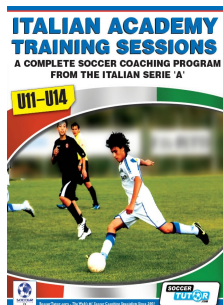
**Coaching Points:**

1. Create space to find the right position and angle to receive the ball.
2. Improve the speed of play by limiting to 1 touch when possible.
3. It is very important to coach the correct body shape for receiving passes.
4. The 2 defending players must communicate and work together, one closing down the man in possession and the other covering the angle for the pass.

## Passing and Possession Warm-Up

### This Drill is Taken From...

### By Coach



A Complete Coaching Program

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Mirko Mazzantini

ACF Fiorentina  
Academy Coach .

### Equipment Needed



#### Space Markers



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#### Rubber Marker Discs



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#### Training Ball



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#### Mini Pro Cones



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