

The following drill can be used as a pre-practice or pre-game warmup drill and can also be used as part of a "soccer-specific" fitness session

GRID SIZE: Depends on number of players

PLAYERS: Paired up, about 8-12 yards apart depending on age and skill level

DRILL PROGRESSION:

> PHASE #1 -- "3" Touch Passing & Receiving

1. Players start with basic 3-touch passing and receiving
2. Progress: 3-touch using alternate foot touches
 - trap with left foot, set ball with right foot, pass with left foot
 - trap with right foot, set ball with left foot, pass with right foot
3. Progress: 3-touch using same foot
 - trap, set, and pass with left foot
 - trap, set, and pass with right foot
4. Progress: "Quick" 3-touch
 - trap, set, and pass as quickly as possible with no restrictions

> PHASE #2 -- "2" Touch Passing & Receiving

1. Basic 2-touch
2. Alternate 2-touch
3. Same foot 2-touch
4. "Quick" 2-touch

> PHASE #3 -- "1" Touch Passing & Receiving

1. Start at 5 yards apart and then move farther apart
2. Each player uses same foot to pass
3. Alternate feet (Player 1 uses left foot, Player 2 uses right foot, etc.)