

Specific Warm Up + Activation: Quick Passing & Applying Pressure

5 min



Description

In this practice we have 3 teams of 6 players (blue, red and yellow) with the players split into 3 pairs. The players are split into 3 sections as shown and progress through 3 different phases.

In the first phase the players pass the ball freely amongst each other and are limited to 2 touches and in the second phase they are limited to 1 touch.

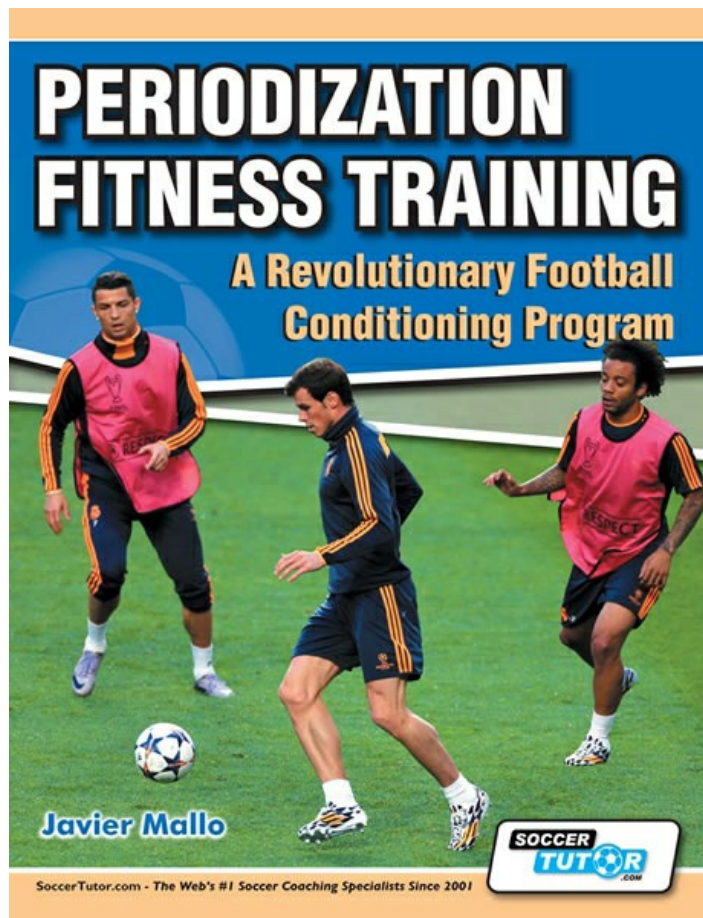
Activation

5 min

Finally, in the third phase (activation), the players pass the ball to a different colour player and press the new ball carrier. The new ball carrier then does the same as shown.

In the final phase, once the player receives the ball and is pressed, he has to play a 1-2 combination with another player and runs round the pressing player to receive again.

Learn How to Condition your Team the Modern Way, All Season Round



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