

The Passing Ladder

Category: Warm Up

Length: 00:15 Rec. Players: 12

Published: January 21, 2015 @ 16:47

Practice Theme/Topic

General Notes

An easy easy to set up Arrival Activity

Aims & Objectives

Players try to pass the ball through the cones using either feet and as many touches as required

Organisation & Setup

Use marker cones to set up a passing ladder as shown in the diagram

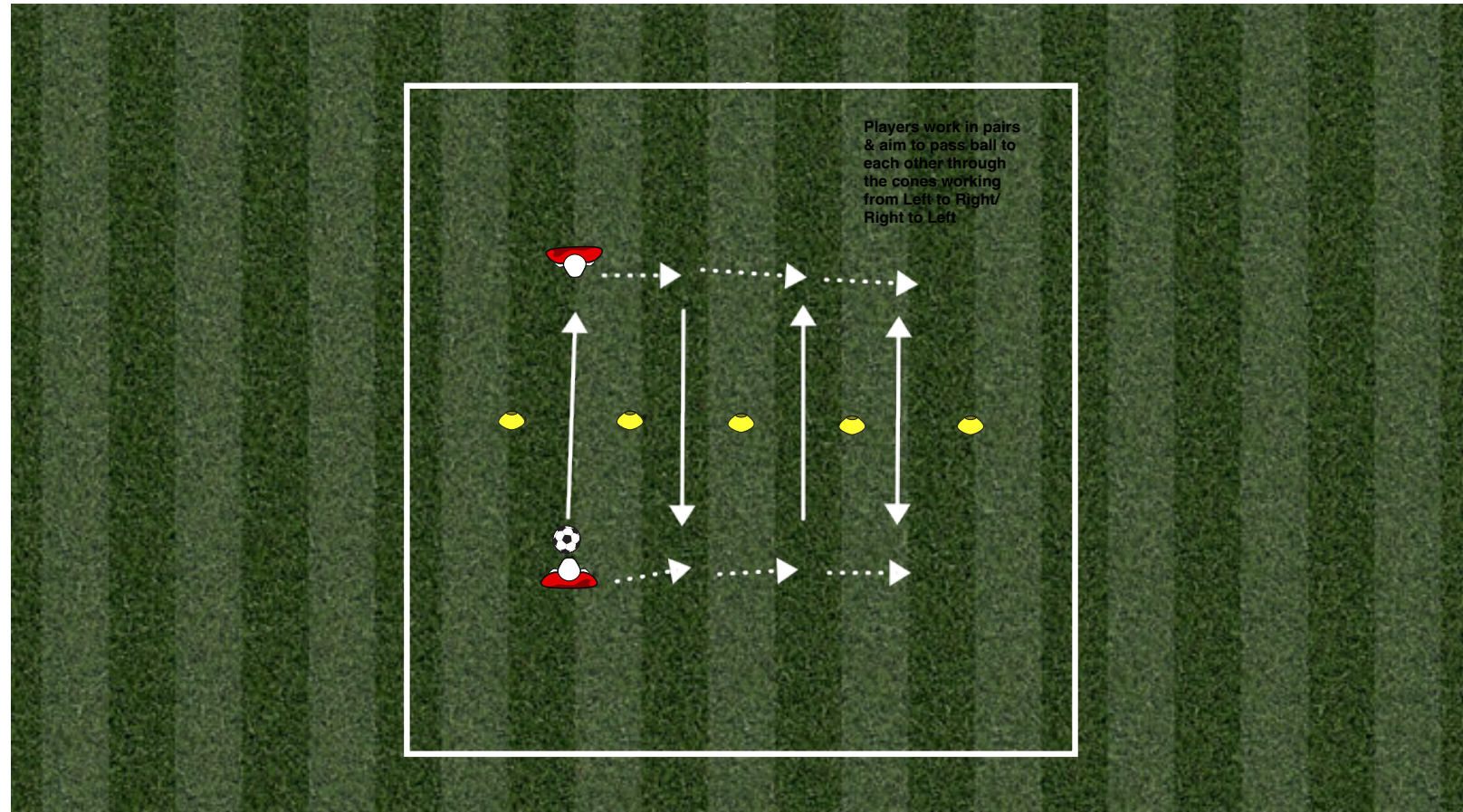
Coaching Factors & Outcomes

Encourage quick, accurate passing and close control from the players

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying distances to pass through
- Set challenges for the type of passes & number of touches
- Use different size of football
- Change the player pairings



Technical

N/A

Physical

N/A

Psychological

N/A

Social

N/A

Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4