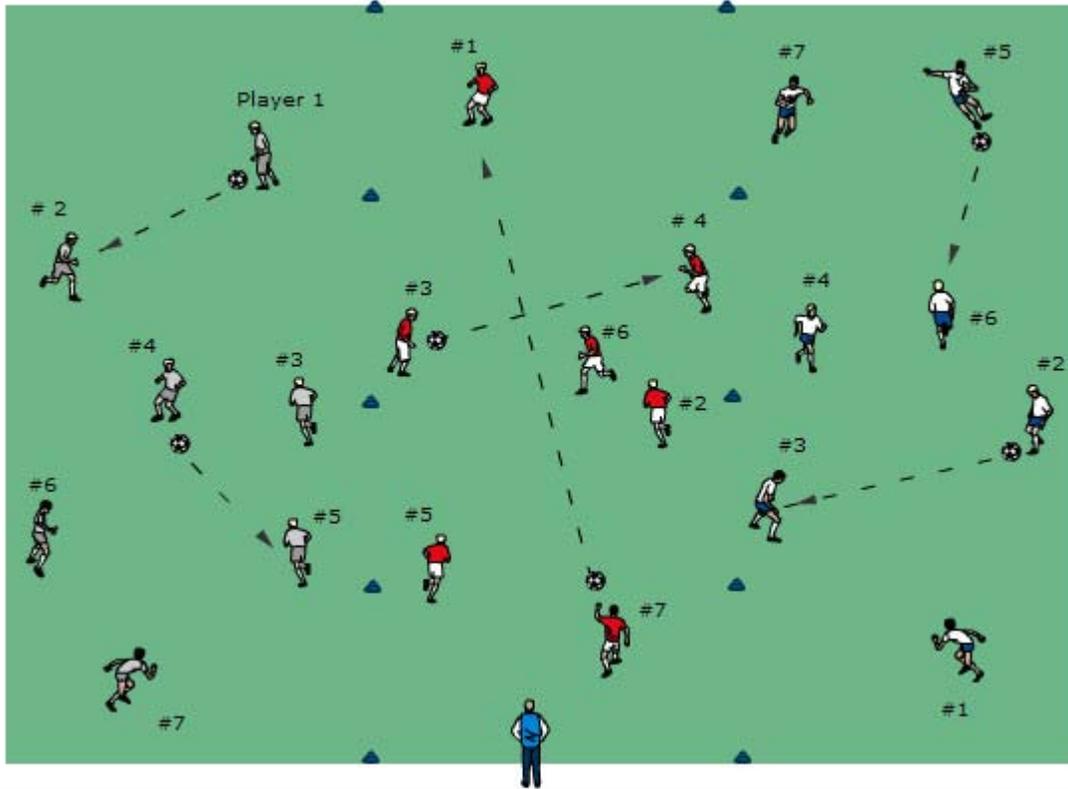


## Chain Passing



**Set-Up:** Divide team into 3 equal groups (2 balls per group) section the field in 3rds.

**The Game:** All players are numbered 1 to 7, 1 plays to 2, 2 to 3, 3 to 4, etc. 7 plays' to 1. You can begin with one ball, but should quickly add a 2nd ball, it will double the number of touches players have throughout the warm up.

**Note:** If you have 12 to 14 players, have two groups of 6 or 8. Don't add a 2nd ball if your groups are 5 players or lower.

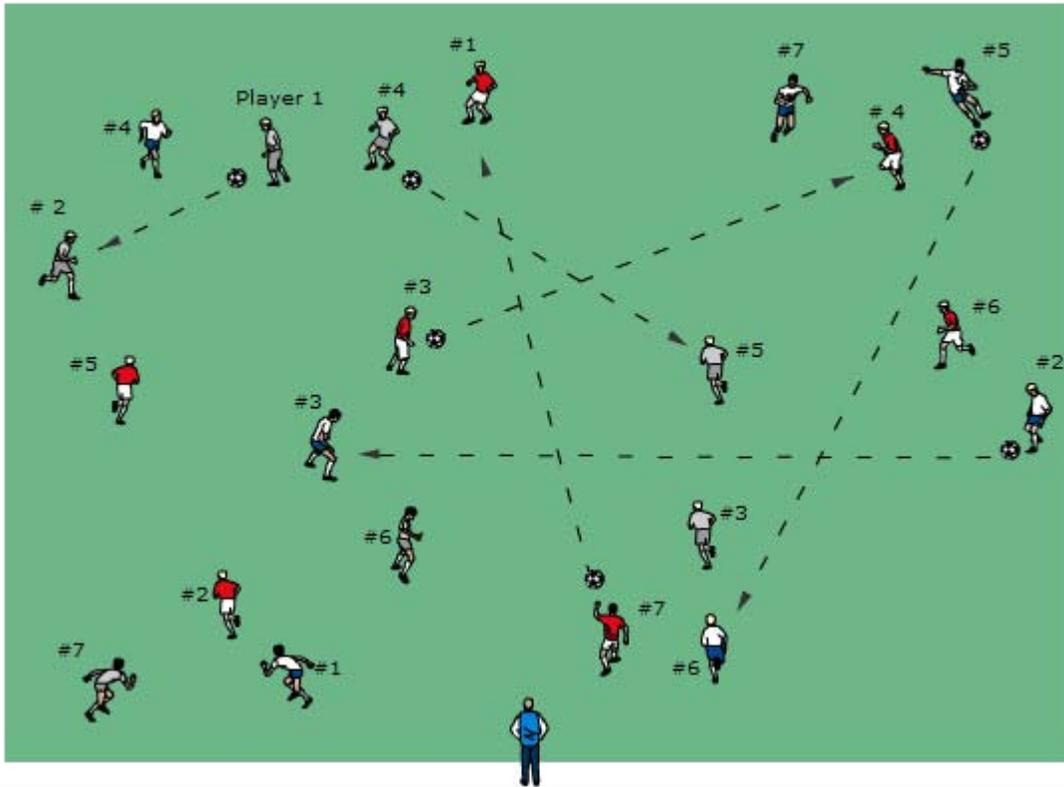
### Various Restrictions:

- Unlimited touches
- 2 touches
- Sprint 5 yards after you play the ball
- 1 touch –for advanced teams only

### Focus on:

- Crisp passing
- Communication
- Movement off the ball
- Coach should encourage player who is about to receive the ball to a position where the player on the ball can see him. "Play the way you're facing."

## Progression



**The Set-Up:** Same as above, but take away the discs that divided the field in 3rds.

**The Game:** Still chain passing, but now there will be more confusion with all the teams spread throughout the area.

**Focus on:** crisp passing, communication, movement of the ball, getting your head up and locating teammate and play the way you're facing.

**Note:** There is still no defensive pressure, but the exercise is much more advanced for players. They have a larger area to cover (passes are done over a greater distance) and there are 2 to 3 times as many players (forces greater communication and getting head up).

\* Initially players will probably begin mixed throughout the zones and then move to one zone like the initial exercise. If this happens, freeze the exercise and point this out to the players. Restart the game and encourage players to keep spacing.