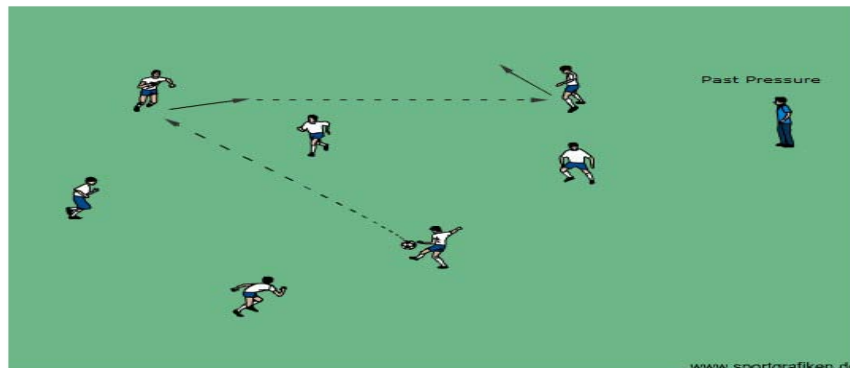


## Notre Dame Passing Warm-up

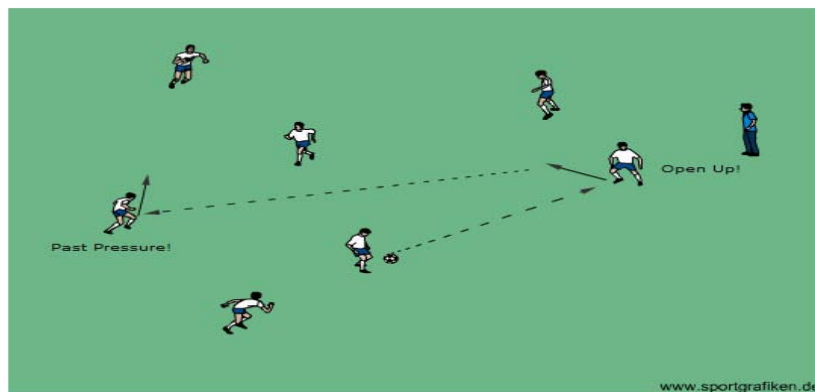


**The Set-Up:** In a free space 6 to 8 players with one ball.

**The Exercise:** The players move freely throughout the area. When the ball is played to a person, they must take a touch that is big enough that it would take them “past pressure” from a defender. They should pass the ball to any other player with their second touch.

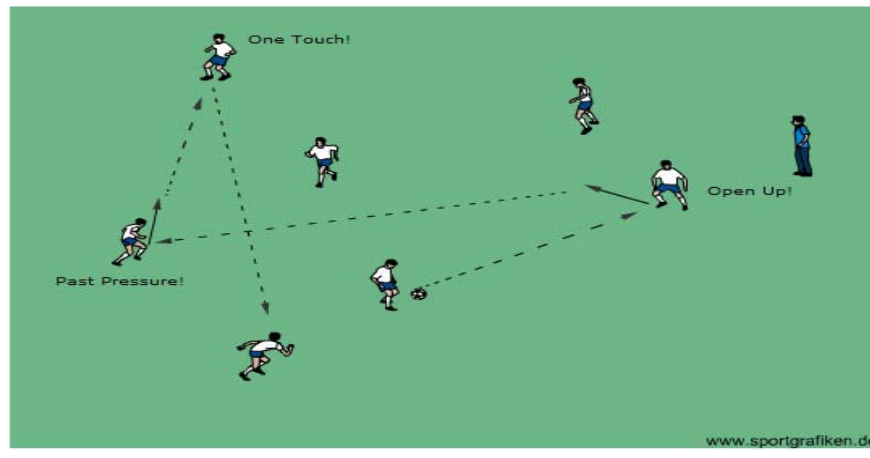
**Focus on:** 1<sup>st</sup> touch, handling speed (amount of time between 1<sup>st</sup> touch and delivering the pass), crisp passing and movement of the ball

## Progression



**The Exercise:** The players continue to move freely, but now every other person receives the ball “past pressure” and the next person receives the ball by “opening up”. When a player opens up with the ball they should receive the ball with one foot and pass the ball with that same foot. The key is the first touch opens them up to the field of play and doesn’t go back in the direction it came.

## Final progression



**The Exercise:** The exercise continues with the same pattern as before, but now the third person must play a first time pass (one touch) to any teammate. That player should take a touch “past pressure” and play to a teammate who “opens up” and plays a ball to a new player who **MUST** play one touch.

**Focus on:** Receiving, crisp passing, one touch passing and movement off the ball