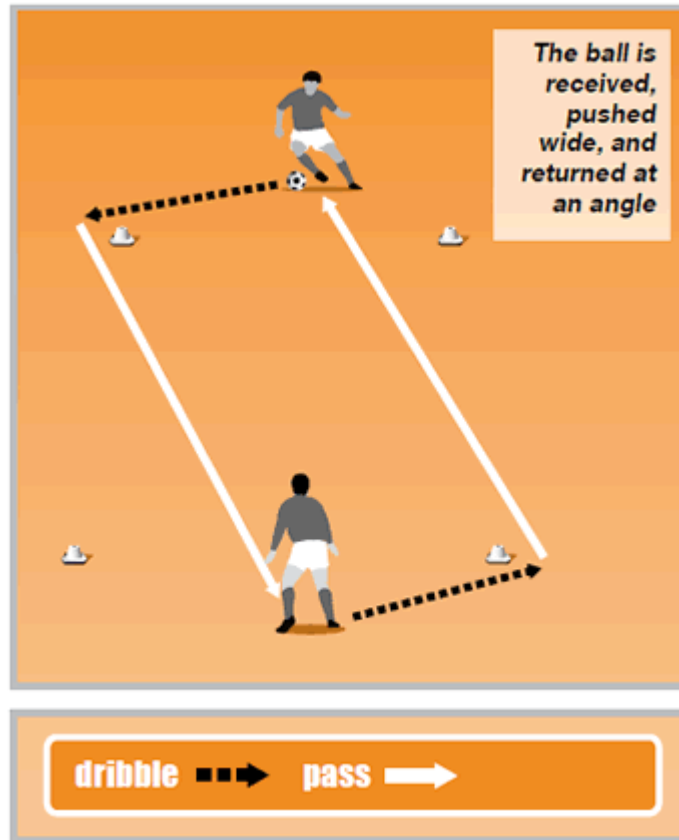


Between the cones

By Michael Beale

This warm-up is designed as a quick practice and works because players are aware of the need to be on their toes, to adjust their feet and to have a good "feel" for the ball - all key elements in the rehearsal for a match situation.



How to set it up:

- Lay out four cones to create a five-yard square.
- A player starts at each end between the cones on the short side on the passing lines, as shown in the picture above.

Getting started:

- On your call, the players begin a simple passing routine.
- The first player passes through the middle of the area.
- Upon receiving, the second player takes a touch to the side, outside the cone, then passes through the two cones. This process now continues.
- If one of the players makes a mistake then the other gets a point and restarts the practice.
- The players must use various parts of each foot to control the ball and make the pass - for example, inside, outside and sole, with both right and left foot.