



## Iso passing practice 1

Category: Warm-ups

Skill: Mixed age

Pro-Club: Nepean Football Association  
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### Description

Warm up passing practice for teams needing to adhere to restrictions

#### Screen 1

Set up grids between 3 - 5m with a coned off square at the centre at one end. Place spare footballs at the back of this area.

One player in each grid with 1 player in the coned area.

Players pass the ball in sequence as shown and then follow their pass to take the other players position.

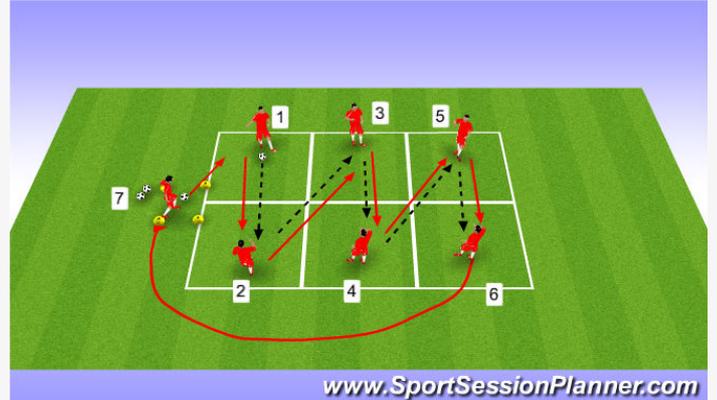
When the ball gets to player 6, they turn with the ball and take it out the back of their grid and dribble to the coned area.

At the same time, player 7 enters grid 1 to begin the sequence again.

2.If you only have 6 players, player 6 dribbles to grid 1 and starts the pattern again.

3.If you have 8 players, players 7 and 8 can stand at opposite ends of coned area and pass the ball between themselves as many times as they can before player 7 needs to get to grid 1.

4.If you have 9 players, you can add another 2 grids and continue as in 1 OR they can make a triangle around coned area and pass as in 3



Keep the ball moving

Promote 2 touches - 1 to set up and then 1 to pass

If players are becoming too static, add a movement before receiving the ball - get to the corner/s of the grid and back to receive the ball

How many balls can be in play at once? add a 2nd ball when 1st one gets to player 3, add a 3rd ball when 1st ball gets to player 6.

Add in a turn and/or a change of direction to keep it "real" and not just a passing sequence

Player on the outside can run around the whole grid and race the ball to be ready to take their part.

#### Screen 2

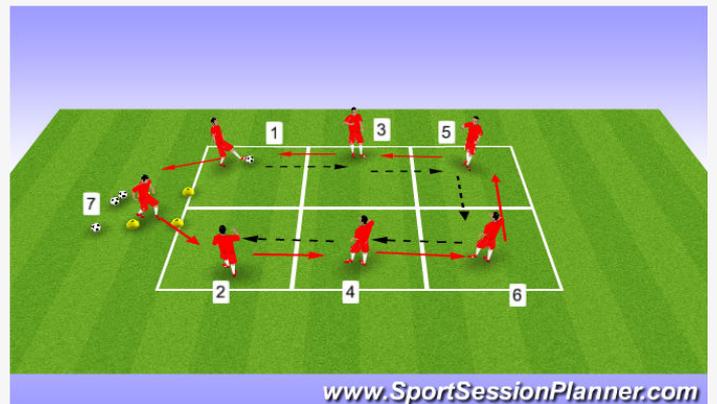
This variation has the players passing and moving in opposite directions.

After player 1 passes the ball, they move to the coned area where they see how many passes they can get with player 7 before the ball gets back to start.

2. If you have 6 players, the practice becomes continuous.

3. If you have 8 players, you can set up another 2 grids and the passing practice becomes continuous OR players 1, 7 & 8 form a triangle around coned area and see how many passes they can get before the ball gets back to the start.

4. If you have 9 players, add another 2 grids and play as in 1.



Keep the ball moving

Promote 2 touches - 1 to set up and then 1 to pass

If players are becoming too static, add a movement before receiving the ball - get to the corner/s of the grid and back to receive the ball

How many balls can be in play at once? add a 2nd ball when 1st one gets to player 5, add a 3rd ball when 1st ball gets to player 4.

Add in a turn and/or a change of direction to keep it "real" and not just a passing sequence

Player on the outside can run around the whole grid and race the ball to be ready to take their part.

Go in opposite direction