



## Cross - Field Warm up

### Drill Info:

This is for ages All Levels. This drill is mainly focused on technical skills during warm up. Run this soccer drill with at least 8 players but no more than 18. This soccer drill should last approximately 20 minutes

### Setup:

Players are divided into two equal groups. Group 1 stands along the touchline with Group 2 about 5 yards away facing their partner. Players in Group 2 should have a ball.



### Instructions:

The player in Group 2 holds the ball in their hands and jogs backwards across the field making tosses to their partner. The player in Group 1 jugs forward and receives the ball in the all and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

1. Receive the ball with the inside of the foot alternating right and left.
2. Receiving the ball with the instep alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

### Variations:

\* Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.

### Coaching Points:

- \* Good body positioning behind the ball.
- \* Controlled touches before playing the ball back.
- \* Getting a good warm-up.

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