



### Warm Up - Two-touch Windows


#### Organization

Two players with 1 ball between them

Square of cones, 5 yds x 5 yds

#### Description of Exercise

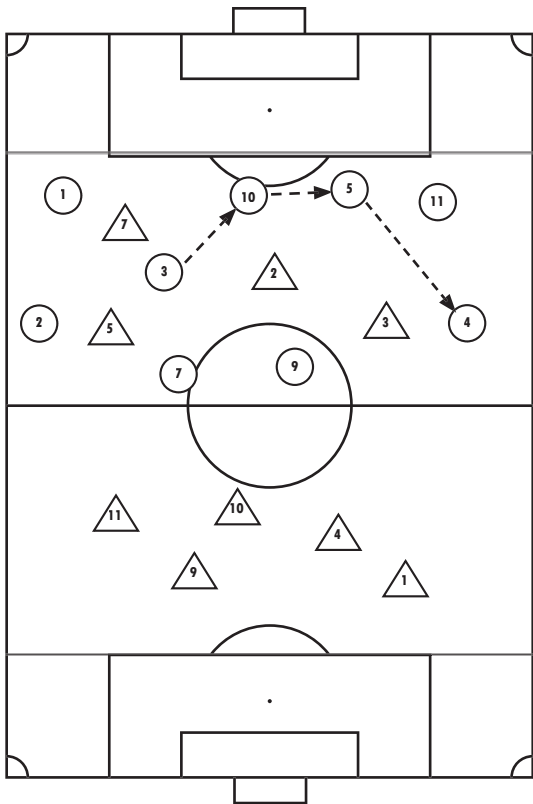
Player  passes ball to player .

 cannot pass ball through window where he received the ball. Each player has only two touches.

#### Purpose of Exercise

Not being able to pass the ball through the same window forces player to prepare ball on first touch to another window.





### Organization

Nine players against four.

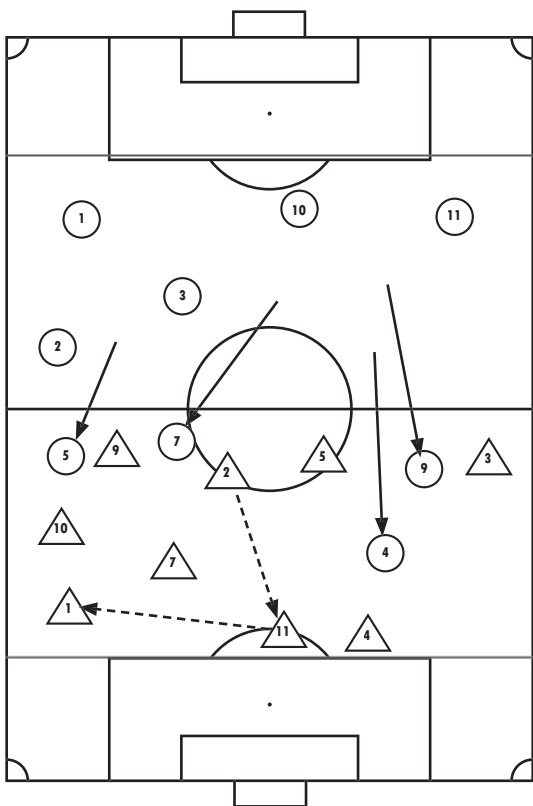
### Description of Exercise

○ players try to connect six consecutive passes to score a goal.

Players MUST take two touches.

If the ball goes out of play or is intercepted by a △, the ball is switched to the opposite half of the field and the waiting △.

△<sub>7</sub>, △<sub>5</sub>, △<sub>3</sub> and △<sub>2</sub> become attackers, and four ○ come over the line to defend. (see bottom diagram)



### Purpose of Exercise

Continue to force players to take good preparation touches in game-like conditions.