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The ping-pong warm-up: Youth soccer drill

By [Edwin Torres](#), [Yahoo! Contributor Network](#) *Monday, Jun 20, 2011*

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The ping-pong warm-up

The ping-pong warm-up is a great pre-game drill. It is easy to execute. It only requires a small amount of space, so you can run this drill practically anywhere. This is a very simple drill that players can learn quickly. They can run this drill on their own.

Setup

For this drill, you will need all the players, two cones and one ball. Place the two cones 10 yards apart. I like to perform this drill on the 18-yard line. The line makes a good visual cue for the players.



Execution

Divide the players into two even groups. Have each group line up behind one of the cones and face each other. The first player in group one should face the first player in group two. One player starts with the ball and passes it to the first player in the opposite group. The player then follows their pass and goes to the end of the opposite line. The receiving player traps the ball and passes it to the first player in the opposite

group. Once again, the player follows his pass and goes to the end of the opposite line. The drill continues in this manner for a desired time limit. Players continue to pass, jog and switch lines. Receiving players should not wait for the ball; they should move to the ball and trap it on the run. Players waiting in line should be on their toes, jogging in place.

Variations

Alternate between two-touch and one-touch passing. Restrict passing to any foot, preferred foot and opposite foot. Vary the distance between the two cones to adjust the jogging and passing distance. Run two instances of this drill simultaneously if you have a lot of players.

This is a great drill for a pre-game warm-up. It gets players moving in a short period of time.

Edwin Torres has been coaching youth soccer since 2001. He is currently the head coach of two travel soccer teams in Freehold, NJ. He holds a category "F" license for coaching in the New Jersey State Youth Soccer Association. He was a certified USSF Grade 8 referee in 2004. Edwin is also certified as a Double-Goal coach through the Positive Coaching Alliance.

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