**Skill(s) to focus on in Activity/Drill: Name the Drill : Warm up - Pass and move**

* Warm up drill, get players moving & calling out
* Support running, pass, movement
* Require awareness and reaction



**Description of Skill Activity**

* Can be used for any number of players, min 10
* Form a large outer circle of cones, with enough cones for **half** your group size
* 1 player on a cone, each with a ball (blue stars above)
* Remaining players in the middle of the circle (runners)
* Each player in the middle runs towards a cone, calling for a handpass
* Player at the cone gives the handpass, and takes the return pass from the runner
* Runners then go to another cone and repeat the drill
* **Runner should criss-cross the circle, and not just rotate around to the next player.**
* Players on cones should be shouting when they are free
* Switch inside and outside groups every few mins
* **Variations and Progressions of Drill:**
* Players on cones roll the ball on the ground towards the runner, introducing a jab lift
* To increase difficulty, use a short grip strike instead of a hand-pass