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#### Passing Ladder - Warm up

Time: 15-20  
Players: 10-20  
Equipment: balls, 12 cones/poles.  
Length: Depends on purpose 24-30 x 15-20

**Set-up and Rotation:**  
Set-up three channels using the 12 cones. The rotation is always bumping one up/down depending on the channel. Follow your pass is easy to say at first but when adding combinations it is just replacing the space in front of you. Players 2,4, and 6 (middle section) must not be stagnant, must check away, check side on, do not be straight on with the initial passer. Same applies to players 3,7 to move off of the middle player.

The initial rotation is very easy. Passes go from 1->2->3. Player 3 takes a touch across into the open space and begins the same sequence 3->4->5. Player 5 takes a touch across and completes the sequence 5->6->7. Player 7 returns to the back of the line.

The next player in line goes once Player 3 has moved to the next space. If done correctly, you should have 3-4 balls working at one time. Very effective if you have a big squad.

**Coaching points:**  
Quality of pass- is it to the correct foot, weight of the pass, clean and sharp along the ground.  
Quality of touch- does it set-up the next pass quickly, does it slow you down/speed you up, ball stays on the ground, etc.  
Communication- Both verbal and non-verbal.  
Timing of movement between the middle and top/bottom lines. Working off each other to create angles.

**Progressions:**

Give and go with players 3,5,7. Same turns for 2,4,6 but create a give and go/wall pass for the players to move into the open space.  
Short,short, long. Player 1 passes to player 2 who sets the ball back to player 1 to then play a longer pass to 3. Can also add back in the wall pass at the top to create a Short short long to a give and go. Rotation is always up the ladder/down the ladder.  
Longer pass to skip the central player. Player 1 plays a clipped ball into player 3 who then sets the ball back to player 2 to play into the open space. Same sequence for 3 to 5 back to 4 and rotate.

**Note:** To add pressure, could add a second player into the middle of each ladder and a target at both ends of each ladder. Now you have a directional game and can look to apply all of the concepts and combinations.

As always, adapt as you see fit, change what you need for your level, and enjoy!



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