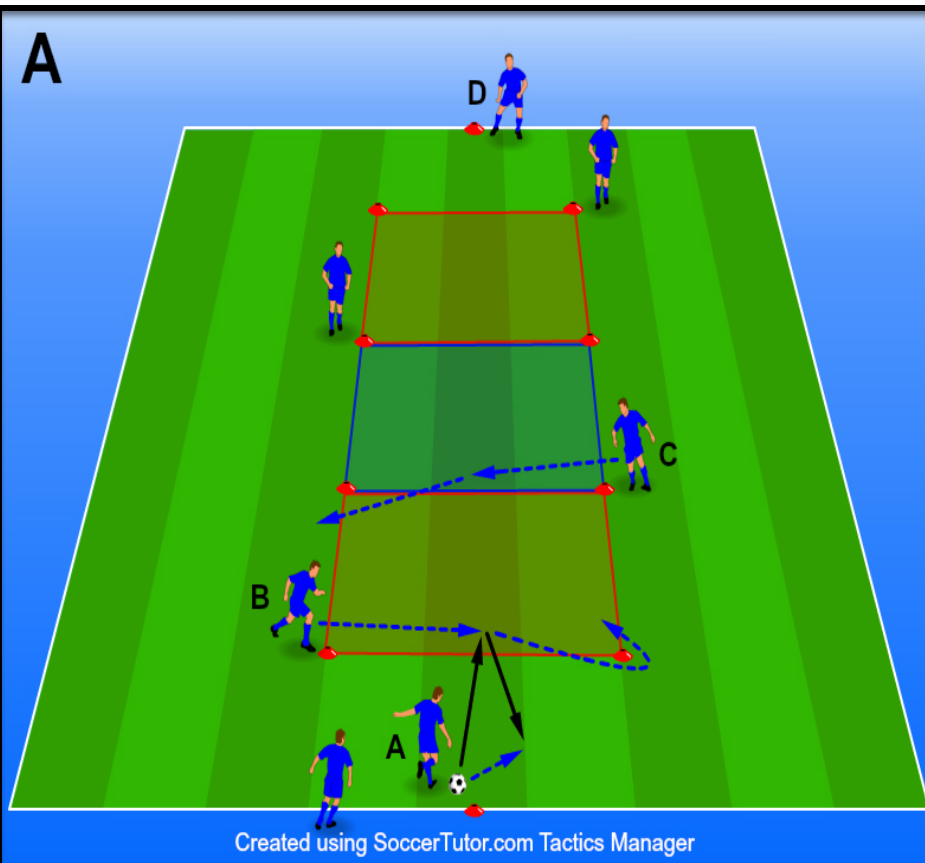


A

*Procedure:*

Players B and C begin the drill by making runs into the center. Player A passes up to Player B, who one-touches the ball right back to him.

Player C continues his run and stops just in front of the cone. Player B runs around his cone after playing back to Player A (see Diagram A).

Player A passes the ball up to Player C, and Player C plays it back to Player B. After passing, Player C steps out around the cone, and Player B plays the ball thru to him (see Diagram B).

To complete the sequence, Player C controls the thru ball, and then plays it up to Player D. Player D begins the next sequence in the opposite direction. After each sequence, all of the players rotate up to the next spot on the field.

*Coaching Points:*

- 1 Vision – While running out wide, never lose sight of the ball.
- 2 Timing – Adjust the speed of your runs if play slows down.
- 3 Speed of Play – Your passes should not force the receiver to slow down.

*Progressions:*

- 1 Limit one or more players to one touch

B

