

Procedure:

The player in the center (A) plays the ball to an outside player (B), and then receives his return pass. After receiving, Player A passes to a different outside player (C) then takes his position on the outside of the field. Player C moves into the center and starts the next combination with a pass to Player D. The pattern continues from there – double pass / pass outside, double pass / pass outside.

Coaching Points:

- 1 Make the return pass as short as possible by going to the ball.
- 2 Use one touch when you can, two touches when you should.
- 3 All outside players have be alert and on their toes in order to play in a one touch rhythm.

Progressions/Regressions:

Progression 1 – The central player can dribble to the outside and perform a takeover combination.