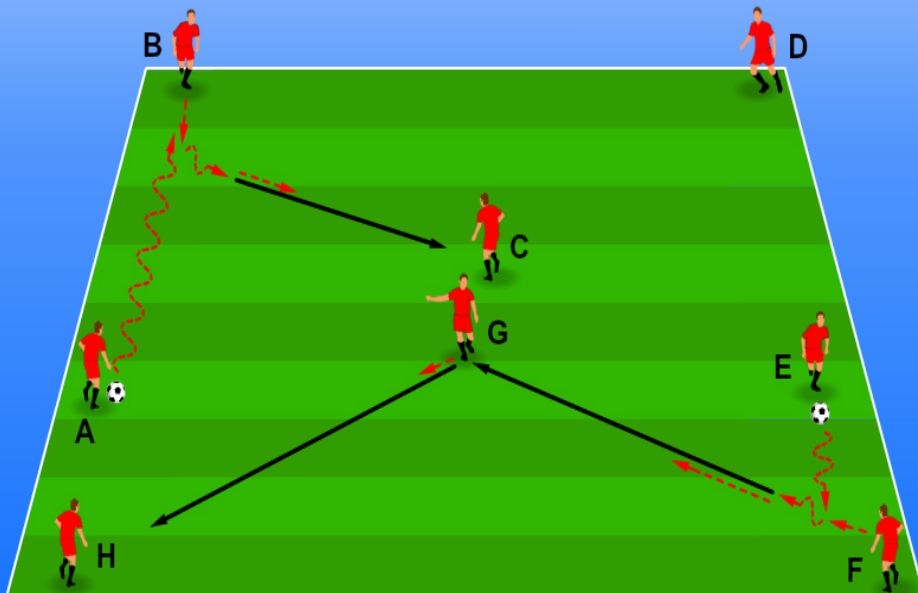


A



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*Procedure:*

Part A: The players move the ball in a pass-pass-dribble sequence. For example, Player E dribbles across and performs a takeover with Player F. Player F takes a dribble touch and then passes to Player G. Player G passes to Player H, who dribbles across to the next corner. After passing, players follow their pass and switch with that player.

Part B: The players move the ball in a pass-dribble-dribble sequence. For example, Player E passes across to Player F, who receives and takes the dribble towards Player G. Player G performs a takeover with Player F and dribbles to Player H. Player H takes it over from Player G and passes the ball to the player in the next corner. After passing, players follow their pass and switch with that player.

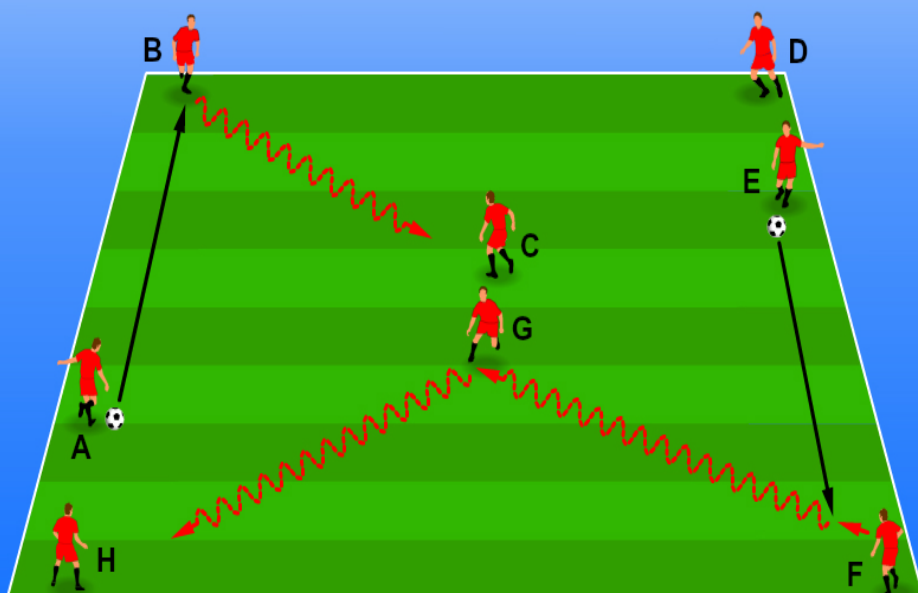
*Coaching Points:*

- 1 Communication – When your teammate says “Leave it!” take no more touches on the ball.
- 2 Passing – Set your feet early in order to make one touch passes.
- 3 Receiving – Your pass should make it easier for the receiver to make the next play.

*Progressions:*

- 1 Limit one or more players to one touch

B



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