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***Procedure:***

Player A passes to Player B, and then sprints around the pole towards Player C. Player C passes to Player A, who collects the ball and dribbles to the passing line. Player C goes to the running line. On the other end of the field, Player B controls the pass from Player A, passes the ball back up to Player E, and then sprints around the pole to receive from Player D. Player D moves over to the running line. Play continues in this pattern, with the players alternating between the two lines.

***Coaching Points:***

- 1 Strike the top half of the ball in order to keep it on the ground.
- 2 Direct your first touch to the side rather than straight ahead.
- 3 Eliminate all unnecessary touches and play as quickly as possible.

***Progressions/Regressions:***

Progression 1 – Player A (B) wall passes with Player C (D) on his way to the passing line.