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Procedure:

The central player passes thru the rectangles to the players on the ends. The end player takes his first touch around a cone and then back into the rectangle. Once inside the rectangle, he passes back to the central player. The central player turns and plays the ball to the other end. Play continues in this back and forth pattern, with emphasis on the first touch of all the players in the drill. Service from the central player can vary in speed and type, and the central player can work on a variety of turning moves as well. The central player switches out every two minutes.

Coaching Points:

- 1 Technique – Choose your technique (the inside or outside of the foot) as early as possible.
- 2 First Touch – Try not to drag the ball square or backwards. Make a positive first touch.
- 3 Passing – Look up as soon as you make your first touch and spot the target before passing.

Progressions/Regressions:

Progression 1 – Make the first touch with the inside or the outside of the foot only.