

**Procedure:**

The field is split into three zones, with two players stationed in each zone. A goalkeeper is stationed on each end line. To begin the drill, the goalkeeper (G1) passes out wide to one of the players in his zone - Player A in the diagram - using a throw or using his feet. Player A switches it over to Player B, and Player B plays it back to G1. G1 passes the ball up into the next zone to Player C, who passes back to Player D. Player D then plays the ball up to G2 to begin the next sequence. *Note - After the ball is played from the center zone to the keeper, the two players in the central zone (C and D) switch zones with the two players in the first zone (A and B).

Coaching Points:

- 1 Passing – Lead the player towards the target with your pass and let him run onto it.
- 2 Speed of Play – Use one touch when you can, two touches when you should.
- 3 Timing the Runs – Watch for technical errors, re-set and re-start your run when you have to.

Progressions/Regressions:

Progression 1 – Distribute into the central zone to begin play, then back into the first zone and long into the opposite goalkeeper.