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Procedure: Player A runs from the cone and thru the gate, then looks up to receive a pass from Player C. Player A opens up, and then combines with Player B, making his run thru the gate on the opposite side. After Player B receives, he opens up and passes to Player C as he comes thru the gate. Play continues in this pattern, with players receiving and then playing the ball across. After five minutes, the players switch to the other side of the field.

Coaching Points:

- 1 Timing – Strike your pass as the player turns thru the gate and looks up.
- 2 First Touch – Open up and touch the ball off at an angle. Play in a quick two touch rhythm.
- 3 Speed of Play – Sprint to the ball when you receive it. Don't wait for the ball to come to you.

Progressions/Regressions:

Progression 1 – Add a wall pass in the center before playing the ball to the next player.