



Procedure: Player A begins play with a pass up to Player B. Player B plays back to Player C (Player E is also an option), and Player C passes up to Player D. Players C and E continue their runs forward, and Player D passes back to either one of them (he chooses Player E in the diagram). Finally, Player B makes the last forward run to receive a thru pass from Player E. To re-start the drill, Player D moves into the center to receive the first pass from Player B as the next two flank players (F and G) begin their runs forward.

Coaching Points:

- 1 Timing the Runs – Flank players must hold their runs if central players make poor touches.
- 2 Speed of Play – Use one touch when you can, use two touches when you should.
- 3 Passing – The last thru ball should not slow the receiver down. Make him sprint onto it.

Progressions/Regressions:

Regression 1 – Play Up, Back, and Thru to one end, then re-start the drill in the other direction.