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#### ***Procedure:***

Three groups of five players play in and around a large zone. Group 1 (in yellow) stays outside of the zone at all times, but must play all of their passes thru the zone. The players in Group 2 (in red) must stay inside of the zone and pass the ball in sequence (Player 1 → 2 → 3 → 4 → 5 and back to Player 1 again). Players in Group 3 (in blue) carry the ball at least halfway thru the grid, and then combine with a teammate from the opposite side, sending him in the opposite direction with the dribble.

#### ***Coaching Points:***

- 1 Speed of Play – Make your runs early so that your team can play one and two touch soccer.
- 2 Runs without the ball – Run to places where the passer can see you. No blind passes!
- 3 Communication – Tell the passer what's available. Say it loudly. Get his attention.

#### ***Progressions/Regressions:***

Progression 1 – Limit the number of touches made by the groups and/or specific players.