



Created using SoccerTutor.com Tactics Manager

Procedure: Player B runs from the cone and thru the gate on the other end of the field. He then receives a pass from Player A, opens up, and then passes across the field to Player C, making his run on the opposite side. After Player C receives, he opens up and passes up to Player D as he comes thru the gate. Player D then passes across to the opposite side. Play continues in this pattern, with players making vertical runs across the field and passing the ball in a figure-eight pattern. 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 – Play an Up, Back, and Thru combination at each gate.