



Procedure: To begin the drill, the four players run out of the central zone (Players B and C in blue, Players 2 and 3 in red) to receive the first pass from the player in the corner (Players A and 1). From there, the players who receive (Players B and 2) look to combine with their teammates running into the central zone. Players B and Player 2 may not enter the central zone. Instead, they must make runs around the outside that will send them towards the opposite corner. After Players B and 2 receive the return pass, they play up to the player in the corner (Players D and 4), and the drill continues in the other direction.

Coaching Points:

- 1 Communication – Make your verbal commands early, before the player receives the ball.
- 2 Speed of Play – Get the ball off of your foot and play in a one or two-touch rhythm.
- 3 Timing – You must hold your run if the combination is slow to develop.

Progressions/Regressions:

Progression 1 – Add a third group, working vertically across the center of the field.