



Procedure:

Diagram A - Player A begins the drill with a horizontal dribbling run into the center. Player B also begins his run at the other end of the field, moving towards one of the three gates. Player A dribbles through the gate and looks up for Player B. Player B calls for the ball as he comes through his gate, and Player A passes to Player B. Player B receives and returns the ball to the dribbling line (passing to Player C).

Diagram B - If the receiver (Player F) chooses the center gate, he must receive behind the gate and then take the dribble right or left, going through an outside gate before returning the ball to the dribbling line.

During the drill, the dribbler runs to the receiving line after he passes, and vice-versa.

Coaching Points:

- 1 Communication – Call for the ball early and often.
- 2 Timing – Show for the ball just as the dribbler gets ready to pass.
- 3 First Touch – Direct the ball towards your target gate as you receive it.

Progressions:

- 1 Limit the receivers to one touch

Regressions:

- 1 Run thru any gate, receive, dribble back.