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***Procedure:***

Player A passes thru the rectangle to Player B. Player B takes his first touch around a cone, then back into the rectangle (not pictured). Once inside of the rectangle, Player B passes back out to Player A. From there, Player A lays the ball off and switches places with Player B. Player B runs into the center and passes up to Player C. Player C takes his first touch around a cone and into the rectangle and then plays it back to Player B. Player B lays it off and they switch places. Play continues in this back and forth pattern with emphasis on each players' first touch.

***Coaching Points:***

- 1 Technique – Choose your technique (the inside or outside of the foot) as soon as possible.
- 2 First touch – Try not to drag the ball square or backwards. Make a positive first touch.
- 3 Passing – Look up as soon as you make your first touch and spot the target before passing.

***Progressions/Regressions:***

Progression 1 – Use feinting moves before and after receiving.