



Set Up: Four players are set up inside of a large, narrow grid, with two players starting in the center and one player starting on each end line.

Procedure: Player A plays the ball up to Player B, as Player C moves to a supporting position behind him. Player B passes the ball back to Player C, and Player C plays the ball thru to Player D. Player D continues the drill with a pass up to Player C, as Player B moves to the supporting position. The drill continues back and forth across the grid, and the two end line players rotate into the middle every 3-5 minutes.

Teaching Topics:

- 1 Verbal communication.
- 2 Receiving.
- 3 Passing.

Progressions:

- 1 Shuttle supporting players in and out from the side line.

Coaching Points:

- 1 The supporting player should call for the back pass before his teammate receives.
- 2 When receiving, look for the support player while the ball is on the way.
- 3 The long passes should be hard, driven passes, hit with the instep.