



Set Up: Four groups of three players are set up in and around the grid, with two players starting on the outside and one on the inside. Each group has a ball.

Procedure: Play begins with a pass from an outside player to the teammate on the inside of the grid, checking back to the ball. After receiving, the player turns and plays the ball back outside to the third player in the group. The player making the first pass then switches places with his teammate in the middle and receives the next pass.

Teaching Topics:

- 1 Checking runs.
- 2 Showing for passes.
- 3 Receiving.

Progressions:

- 1 Two touch limit.
- 2 Use groups of four.

Coaching Points:

- 1 Make runs away from the ball in order to create space to work back into.
- 2 The third attacker must make himself available for passes and not hide on the outside.
- 3 Open up with the first touch and turn away from the passer.