



Set Up: There are 8-10 players set up in the large grid, starting at the cones.

Procedure: Player A passes to Player B, and then sprints towards Player D. Player B passes to the next player in Player A's line, and then sprints towards Player C. Player A double passes with Player D and then sprints around him to return to the passing line. Player B does the same with Player C. After 2-3 minutes, new players rotate in for Players C and D.

Teaching Topics:

- 1 Ball striking.
- 2 Passing.
- 3 Speed of play.

Progressions:

- 1 Air ball service from Players C and D.

Coaching Points:

- 1 Strike the top half of the ball in order to keep it on the ground.
- 2 Play the ball to the correct foot of the receiver so he can make a one touch pass.
- 3 Eliminate all unnecessary touches and play as quickly as possible.