



Set Up: Four players are set up inside of the grid, starting 10-15 yards apart.

Procedure: To begin the drill, Player B performs a double pass combination with Player A. Both players then turn and perform double pass combinations with the players on the ends (Players D and C). After completing those double passes, Players A and B turn back towards each other and repeat the sequence. The passing combinations continue back and forth across the grid, and the players switch positions every two minutes.

Teaching Topics:

- 1 The Double pass.
- 2 One touch passing.
- 3 Communication.

Progressions:

- 1 Shorten the passes.
- 2 Use specific turning moves in the center.

Coaching Points:

- 1 To complete the double pass combination, take a dribble touch away from the passer.
- 2 Strike the top half of the ball to keep it on the ground, and don't lean back.
- 3 Call for the pass in a big, clear voice and make eye contact with your teammate.