



Set Up: Six players are set up in the small grid, starting at the cones.

Procedure: The drill begins with a pass from Player B to Player A. Player A turns and plays to Player C, and then follows his own pass. Player C passes to Player D and follows as well. Finally, Player D passes to Player B and follows. From that point on, the players continue to pass and follow, playing the ball up and down the two sides of the triangle. During the drill, the players can use one or two touches to pass and receive.

Teaching Topics:

- 1 Passing.
- 2 Communication.
- 3 Footwork.

Progressions:

- 1 Use all three sides of the triangle and pass in any direction.

Coaching Points:

- 1 Play the ball to the correct foot and keep it on the ground.
- 2 Show yourself, talk early, and make eye contact before passing.
- 3 Reach a set position and be up on your toes before the pass is struck.