



**Set Up:** There are 6-8 players set up in the small grid, starting in the corners.

**Procedure:** During the drill, the players receive passes at each corner, checking to the ball and then opening up with their first touch. After receiving and turning, they pass the ball to the next corner and follow their own pass, moving counter-clockwise around the grid. During the drill, the direction of play may change and/or a new technique may be added.

**Teaching Topics:**

- 1 Opening up.
- 2 Passing technique.
- 3 Checking runs.

**Progressions:**

- 1 Touch the ball into the open space, and then run onto it.

**Coaching Points:**

- 1 Let the ball run across your body so that you can open up with your first touch.
- 2 When passing, check for the target one last time just before you strike the ball.
- 3 Check away, feel for the defender, and then break back to the ball.