



Set Up: There are six players set up inside of a large, narrow grid, with two players starting in the center and two players starting on each end line.

Procedure: Player A begins play with a pass up to Player B. Player C moves to a supporting position, receives the back pass from Player B, and then plays the ball thru to Player D. After passing, Player A runs into the center, Player B rotates off of the field, and the drill continues in the opposite direction (Player D → C → A → E). The players continue the clockwise rotation throughout the drill.

Teaching Topics:

- 1 Communication.
- 2 Receiving.
- 3 Supporting runs.

Progressions:

- 1 Player B lays the ball off for Player C to run onto.

Coaching Points:

- 1 The supporting player should show for the back pass before his teammate receives.
- 2 When receiving, check for your target while the pass is on the way.
- 3 Support the ball from behind the ball, and not in a square position.