



**Set Up:** There are three players set up inside of the grid, starting at the cones.

**Procedure:** During the drill, the ball is played back and forth across the grid in a three pass sequence, A → B → C → B. Play then reverses, B → C → B → A. Player B moves laterally from cone to cone in order to receive passes from both players. The conditions of the drill will vary (see Progressions), and the players change positions after one minute.

**Teaching Topics:**

- 1 One touch passing.
- 2 Passing technique.
- 3 Passing accuracy.

**Progressions:**

- 1 Two touch play.
- 2 Player B gets one touch.

**Coaching Points:**

- 1 Strike the top half of the ball in order to keep it on the ground.
- 2 Pick your head up and check the target one last time before passing.
- 3 Play the ball to the correct foot so that the receiver can play the ball off quickly.