



Set Up: There are 16 players set up inside of a small field split into four zones.

Procedure: The two teams occupy alternating zones of the field and pass the ball in sequence, from Player 1 → 2 → 3, and so on until the ball reaches Player 8. Player 8 then finishes the ball in the small goal set up outside the field. Missed shots have to be chased down and scored. After each goal, Player 1 starts the next ball. The first team to finish eight balls scores one point, and five points wins the game.

Teaching Topics:

- 1 Verbal and visual cues.
- 2 Passing angles.
- 3 Passing.

Progressions:

- 1 Any player can shoot.
- 2 Players can block the other team's passes.

Coaching Points:

- 1 Players should make eye contact and talk on every pass.
- 2 When receiving, players should not hide in traffic (aka 'hiding in dead space').
- 3 The passer should look up and check the target just before striking the pass.