



Set Up: There are seven players set up in the small grid, with two playing in the center, and five starting at the cones.

Procedure: To begin the drill, Player A passes up to Player B. Player B passes back to Player C, and Player C finishes the combination with a thru pass to Player D. Player D plays the ball over to Player E to restart the drill in the opposite direction. On the next sequence, Players B and C switch roles, and the ball moves from Player E → C → B → F. During the course of the drill, the players rotate to every position.

Teaching Topics:

- 1 Timing the runs.
- 2 Visual cues.
- 3 Speed of play.

Progressions:

- 1 Limit Player B and Player C to one touch.

Coaching Points:

- 1 You must watch the play develop in order to time your run correctly.
- 2 When defenders turn their heads to watch the back pass, make the blind side thru run.
- 3 The thru pass should not slow down the run of the player receiving it.