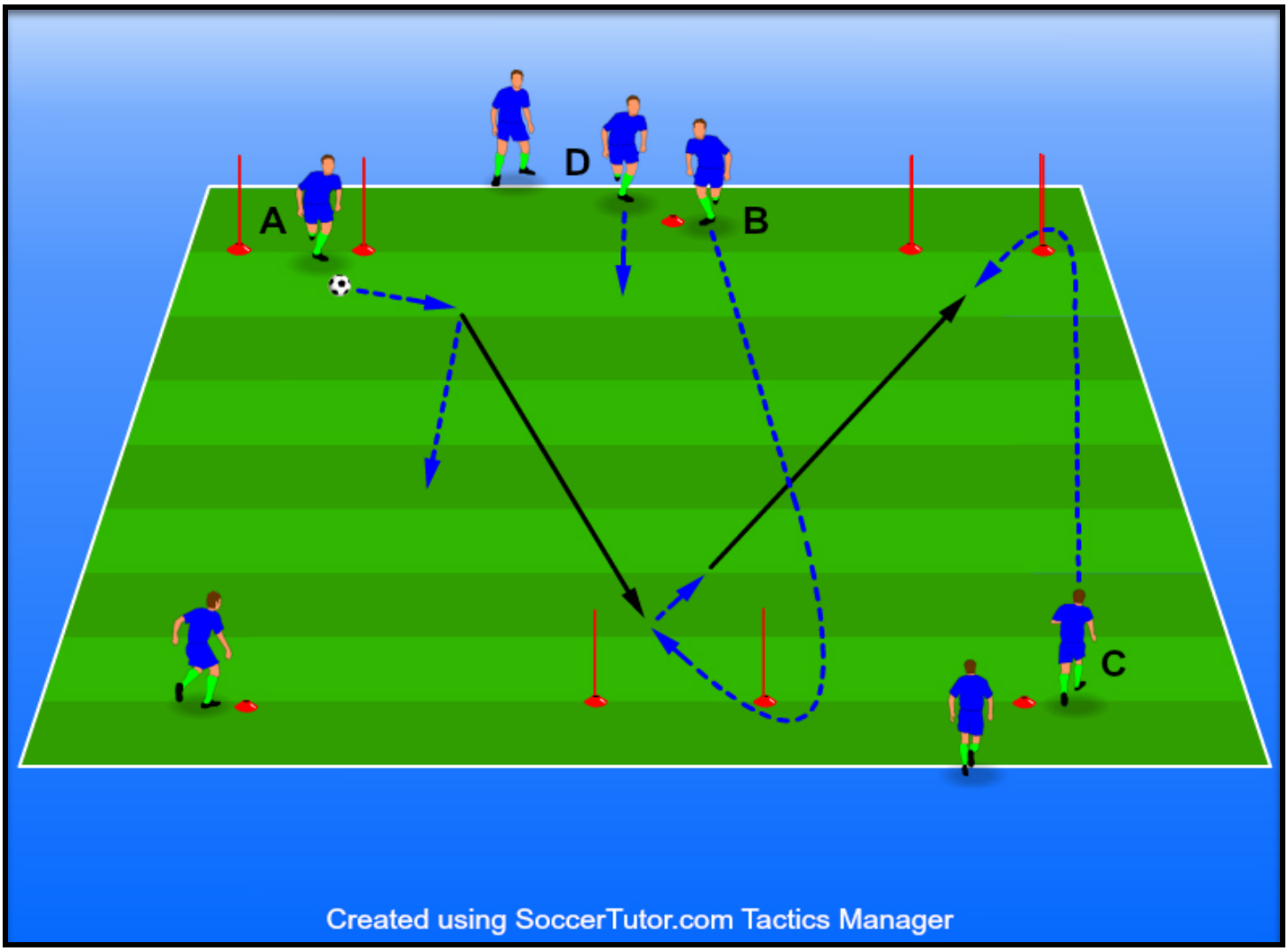
Receiving Drill – Part 4 | Fundamental | Passing, Receiving



Procedure: **Player A makes a vertical run from the cone and thru the corner gate to receive a pass. He opens up with his first touch and then passes to Player B as he comes thru the center gate. Player B also opens up, and then plays the ball outside to Player C, making his run thru the corner gate. After Player C receives, he passes to Player D as he comes thru the center gate. Play continues in this pattern, with players making vertical runs and passing the ball back and forth across the field. After 3-5 minutes, a new group switches to the center line.**

Coaching Points:

1 Timing – Strike your pass as the player turns thru the gate and looks up.

2 First Touch – Open up and touch the ball off at an angle. Play in a quick two touch rhythm.

3 Speed of Play – Sprint to the ball when you receive it. Don't wait for the ball to come to you.

Progressions/Regressions:

Progression 1 – Use three player combinations, moving the ball from one corner gate to the other.