



Set Up: There are four players set up outside of the grid with one player stationed in the center, inside of a small square.

Procedure: The four outside players serve balls into Player A in the center. Player A makes continuous runs from player to player, controlling the ball and making return passes. The direction (clockwise, counter-clockwise, figure eight, random) can change along with the pattern of play (see Progressions). A new player rotates into the center every minute.

Teaching Topics:

- 1 Verbal and visual cues.
- 2 Passing.
- 3 First touch.

Progressions:

- 1 Touch around the cone.
- 2 Very hard service.
- 3 Double pass.

Coaching Points:

- 1 The receiver should make eye contact with the passer and call for every pass.
- 2 Always look up one last time and check the target before passing.
- 3 Prepare the ball at the correct angle and distance in order to play two touch soccer.