



Set Up: There are 10-12 players set up in the defending half, starting at the cones.

Procedure: The goalkeeper begins play with a pass out to Player A, who plays the ball up to Player B. Player B plays it back to Player C as Player A overlaps down the line. Player C lays the ball off for Player A to run onto. Player A then passes up the line to Player D, making and inside out run from the center. Player D dribbles the ball back to the end line. During the drill, the players rotate from A→C→B→D, and the goalkeepers alternate service to both sides of the field.

Teaching Topics:

- 1 Checking runs.
- 2 Passing.
- 3 Speed of play.

Progressions:

- 1 Limit the players to one or two touches.

Coaching Points:

- 1 Player B must check away from the ball before coming back to receive the pass.
- 2 The pass from Player B to Player C should be played backwards, not square.
- 3 Player A has to hold his run for a moment after passing the ball up to Player B.