



**Set Up:** There are 8-12 players set up inside of the grid, working in pairs.

**Procedure:** The players pass the ball back and forth while moving horizontally across the grid. When the players reach the end of the grid, they change direction. The passing and receiving techniques are changed every 3-5 minutes (see Progressions).

#### **Teaching Topics:**

- 1 Runs without the ball.
- 2 Verbal communication.
- 3 Passing technique.

#### **Progressions:**

- 1 Checking back to the ball.
- 2 Pass and move away.
- 3 Double pass.

#### **Coaching Points:**

- 1 'Sell' the fake on the checking run, and sprint out of your move.
- 2 Call for the ball in a loud, clear voice and make eye contact.
- 3 Strike the top half of the ball in order to keep it on the ground.