



Dimensions: 20 x 20 yard area with 4 players in the middle. One player stands on each corner of the 20 yard box. Each player on the outside has a ball. Adjust the size of the area to suit the age group you are working with.

How to: Each player on the outside makes a pass into the player in the middle that is ready to receive their pass. The passing player then makes a run down towards the next corner receiving a return pass from the player in the middle and dribbling with the ball to the corner.

Coaching Points: Off the ball movement, keep eyes on the play developing. Be careful not to overrun the return pass. Judge the weight of pass carefully and adjust your body position to receive the return pass on the move.

Notes:

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