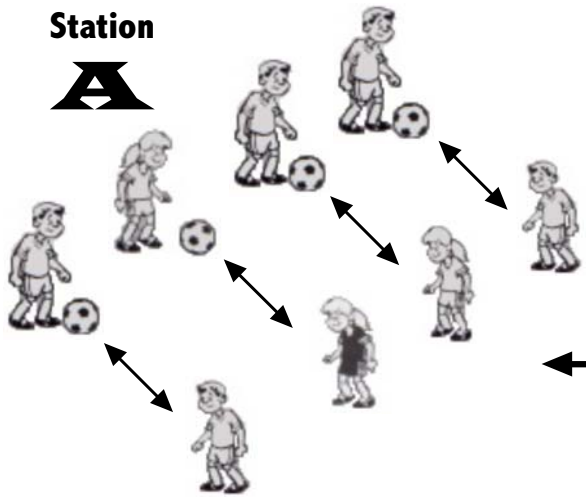


# Week 1

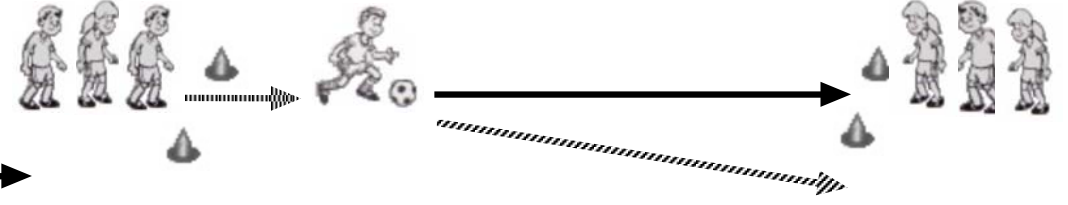
Station

**A**



Station

**B**

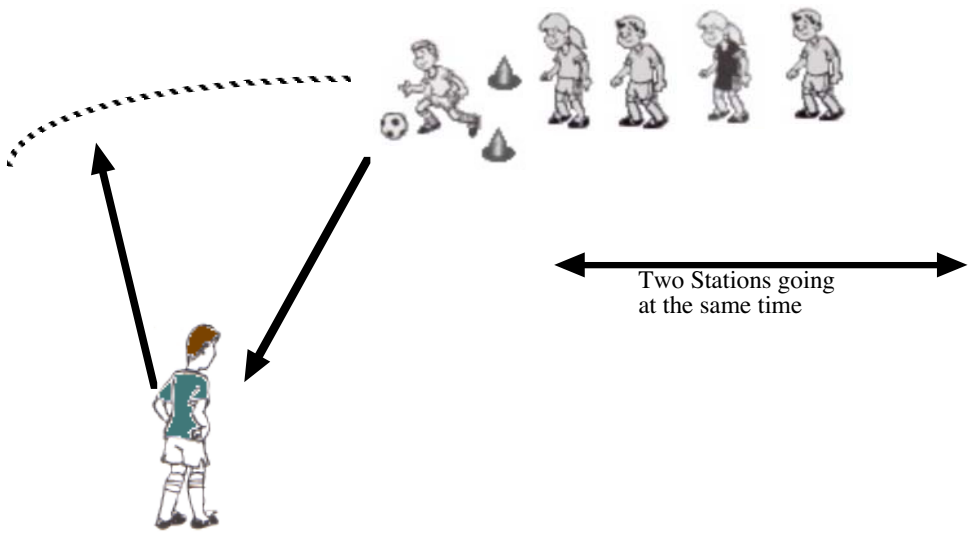
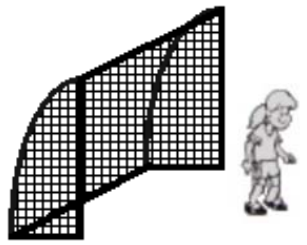


Two Stations going at the same time



Station

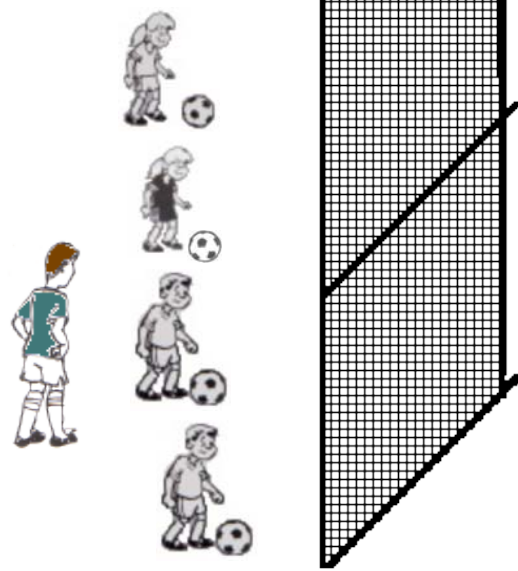
**C**



Two Stations going at the same time

Station

**D**



# Week 1

**Station A** This is a simple drill to start the season. Players start in pairs with each player about 15 feet from their partner. Players two-touch the ball (this means, the player stops the ball, then relays the ball back) during the passing exercise. **Progression** in the exercise could be by i) increasing the distance between the two players, ii) have the players pass quicker, iii) one-touching the ball (which means the players pass the ball back without stopping it), or iv) depending on the age/ability of the team, one pair could cross-pass with the adjacent pair using one ball or two balls.

**Station B** The other half of the team will be in this station with two rows facing each other, about 15 to 20 feet apart; only one ball is needed. The player with the ball passes it to the player of the other row. After the ball is passed, the passer runs to the end of the row he just passed to. The player who received the pass passes (two-touch) to the other row and runs to the end of the row he passes to. This passing routine zigzags until each player has had 4 or 5 passes. **Progression** in the exercise could be by i) having the player dribble out 5 feet and then pass on the run, ii) using only one ball for the drill, the passing player runs to the start of the other row, stops and gets a return pass as he heads back to the row he started from and passes again to start off the next player in his row.

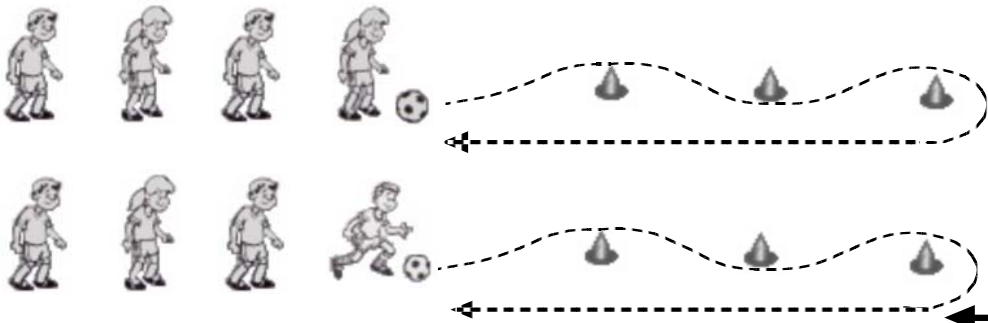
**Station C** With passing being the theme, the players line up in one row on one side of the field behind the pylons. Each player, in possession of a ball, will pass to the coach, receive the pass back and two-touch kick on goal. The player retrieves the ball and dribbles back to the end of the line. After 4 or 5 kicks on goal from this side, move to the other side of the field. **Progression** in this exercise could be by i) having a player replace the coach, ii) having the player one time it at the net, iii) having more passes.

**Station D** This is a preliminary drill that works well with a fence or a baseball backstop. Each player has a ball and practises stationary kicks at the fence; this gives the coach a good chance to review simple mechanics. **Progression** in this exercise could be by i) having the player take a two step run at the ball, ii) run kicking a moving ball passed to him by another player.

# Week 2

Station **A**

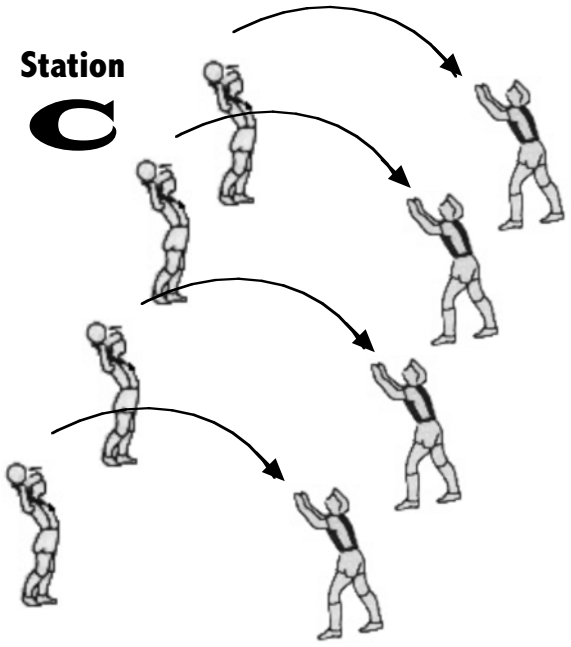
Station **B**



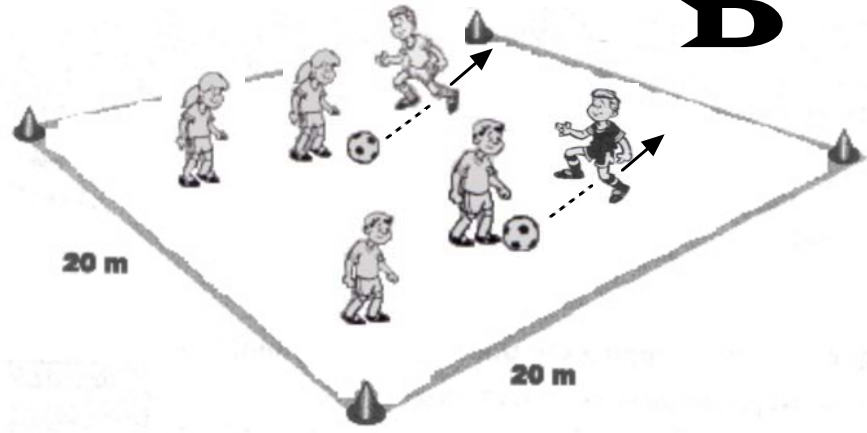
Two Stations going at the same time

Station **C**

Station **D**



Two Stations going at the same time



# Week 2

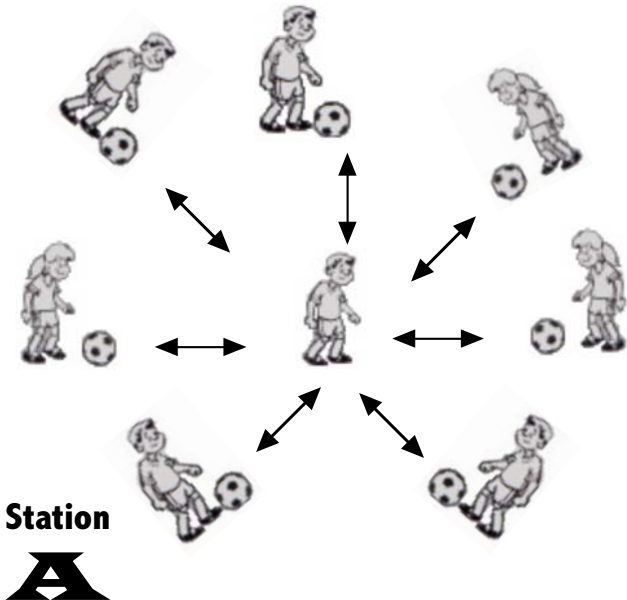
**Station A** This drill requires the player to dribble around the the pylons and after the last pylon, dribble back to the end of the line. This could move up to a relay race after initially going through the exercise 4 or 5 times. coach may add more cones in space permits. **Progression** in this exercise could be by i) having each player go completely around each pylon; ii) having the player dribble the ball with only the right (or left) foot only, iii) having the player drag the ball backwards on the way back to the line.

**Station B** Another stationary kick drill but the player now kicks 4 balls consecutively on goal after which time the player retrieves the balls as the coach sets up another 4. **Progression** in this exercise could be with the player run kicking the ball as the coach rolls the 4 balls to the player.

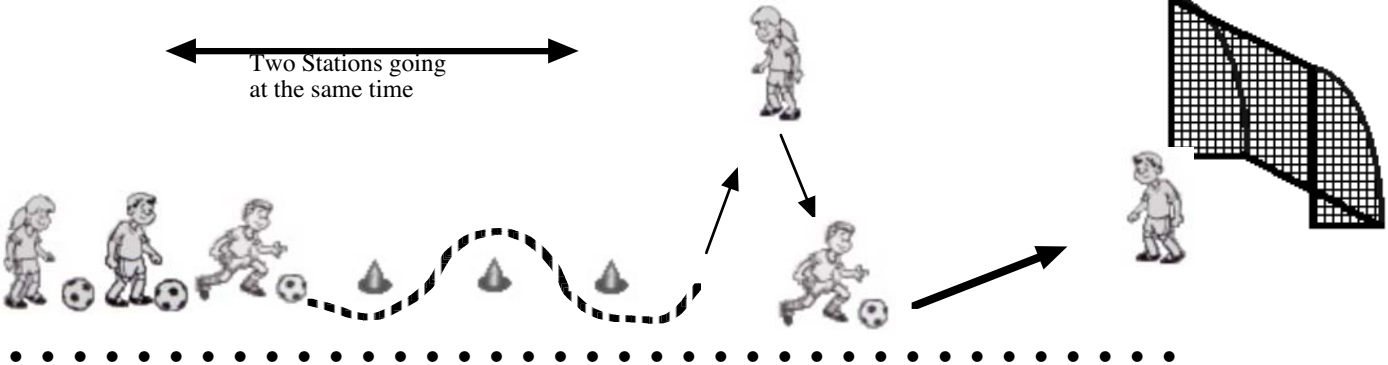
**Station C** Players work in pairs as they go through the stationary throw-in drill with one player "throwing in" and other catching; after 5 throws, the other player takes a turn. **Progression** in this exercise could include one player starting a run as the other player throws it, catching and throwing in one continuous movement.

**Station D** In this drill, half of the players stand in a square (20m by 20 m) with their legs spread apart and the remaining players dribble through the legs; switch after the first group dribble the ball through two sets of legs. After all players have a turn, have a competition to see how many legs a player can dribble through in a minute.

# Week 3

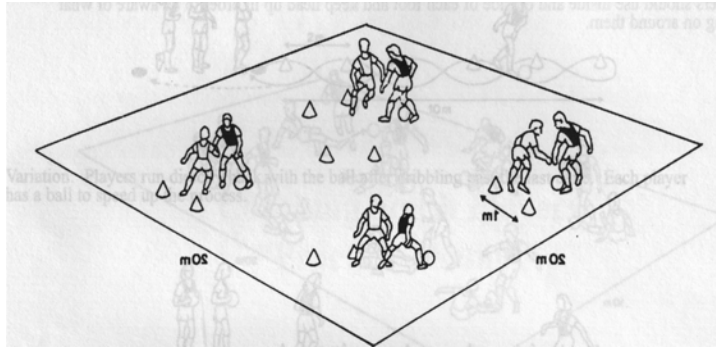


Two Stations going at the same time

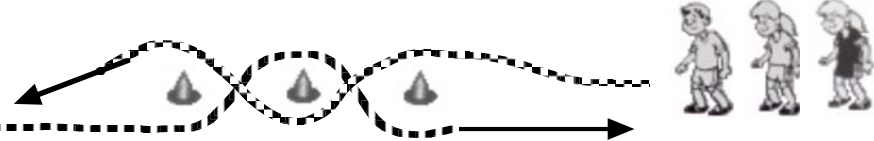


## Station C

Two Stations going at the same time



## Station D



Scrimmage after the drills

# Week 3

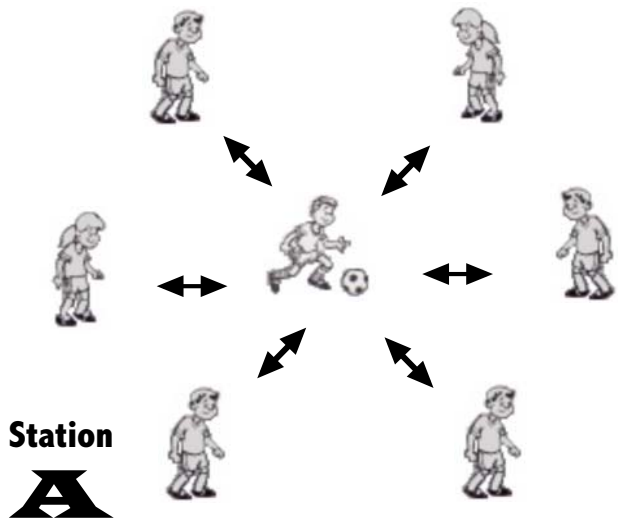
**Station A** With a circle of players wide enough to allow some running, the player in the middle will run, receive a pass and return the ball (two-touch) to the same person who passed it; the player should do this with every player around the circle. Each player should have a turn in the middle. **Progression** in this exercise could be; i) having the players on the perimeter one-touch the ball, ii) having two or three players in the middle (this could only work with more than 7 players).

**Station B** Players dribble through the cones, pass the ball to a stationary player, get the return pass and shoot on goal. The stationary player should initially two-touch the ball but progress to one-touch passes as the drill progresses. Work from one side of the field then move to the other side so players get an opportunity to work on both sides of the ball.

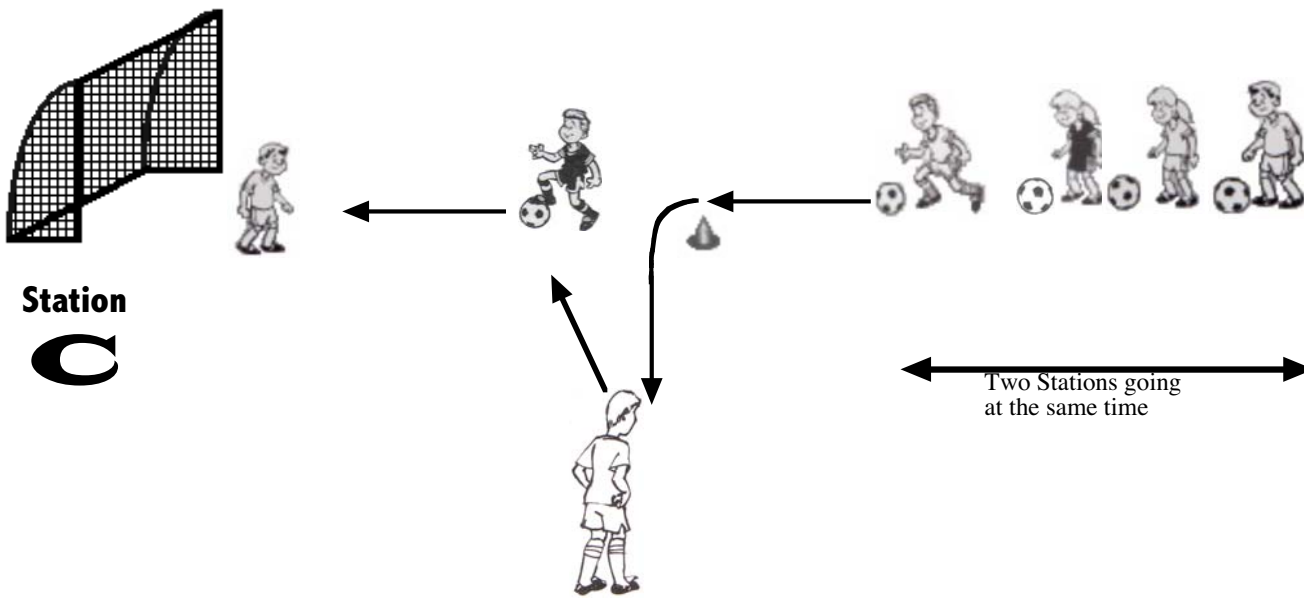
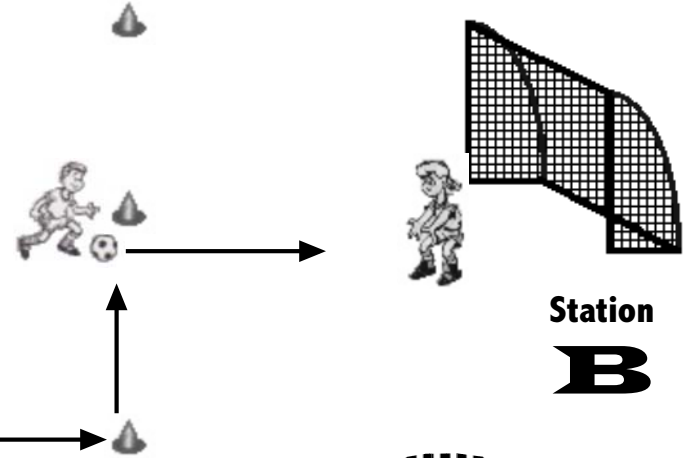
**Station C** Using three or more cones—depending on age and ability—two rows of players at opposite ends of the cones will dribble around the cones in turn. When a player finishes the cones, the player will immediately pass the ball to the player on the opposite row who then goes through the cones and passes after the last cone to the initial row. A **Progression** in this exercise could be to have each row with a ball going at the same time.

**Station D** This is a one-on-one keep away drill; initially, the drill can be without nets but the progression—again, depending on age and ability—should entail using the nets. This drill should instill protection of the ball by keeping the ball carrier between the ball and the net, and the defender between the net and the ball carrier.

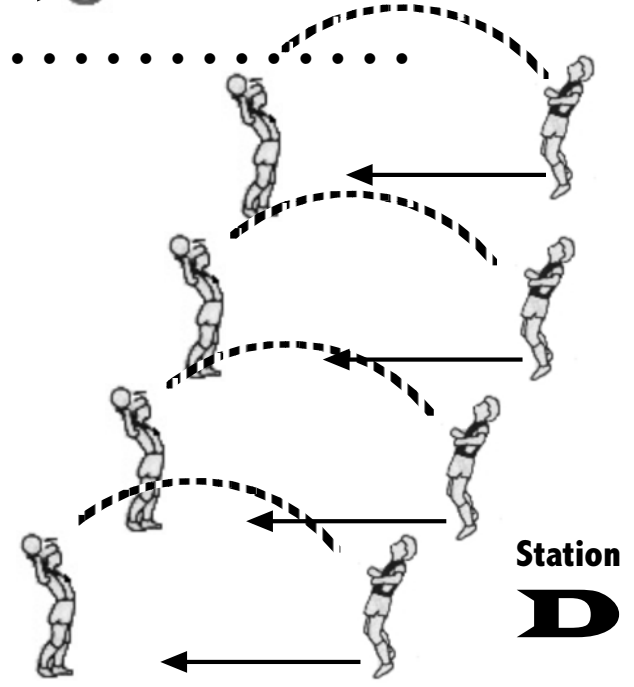
# Week 4



Two Stations going at the same time



Two Stations going at the same time



# Week 4

**Station A** Unlike the drill in Week 3—Station A—where the players around the perimeter have a soccer ball, the player(s) in the middle of the circle have the ball; all players two-touch as the player in the middle passes to and receives a return pass from everybody in the circle at least once. **Progression** in the exercise could be by i) increasing the radius of the circle, ii) increasing the speed of player movement in the circle, iii) one touch passing by the perimeter players.

**Station B** Players with a ball will line up on one side of the field. The first player in line will dribble up to the pylon, stop the ball with the foot on top of the ball and then rolls-over (roll the foot on and over) the ball while moving laterally to the left (as in this diagram) up to the next pylon. The player stops the ball with the foot on top of the ball, then proceeds to shoot. The player then retrieves the ball and dribbles back to the end of the line. After 3 or 4 turns, move the players line to the other side of the field so they do the drill right to left. **Progression** in the exercise could be by i) using the same foot to stop and roll-over the ball, ii) go right to left and then left to right (back and forth) once then proceed to shoot, iii) increase the speed of the drill.

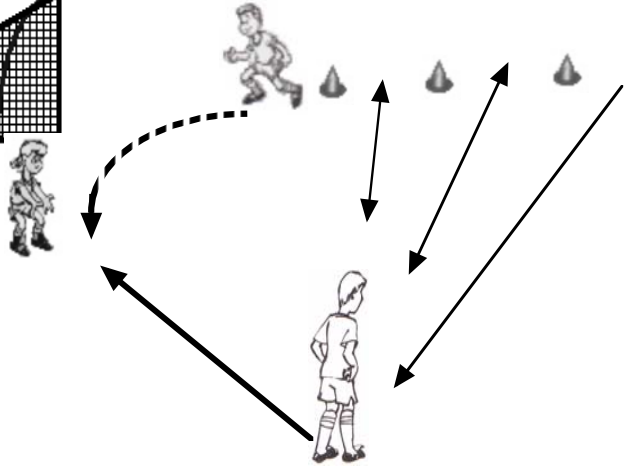
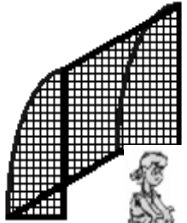
**Station C** Players line up with a ball on one side of the field; the player dribbles toward the outside of the pylon. The ball carrier passes the pylon and immediately “cuts” to the left (as in this diagram), then passes to the coach who one-touches a return pass to the player who shoots. The player then retrieves the ball and dribbles back to the end of the line. **Progression** in this exercise could be by, i) using two pylons, having the player cut left, dribble to another pylon where the coach was and then cut right upon passing this cone ending with a shot on net, ii) having the player one time the pass on net, iii) having the player fake a cut and go directly to the net.

**Station D** The players should pair up with one ball per pair; the player with the ball throws-in the ball to the stationary partner who blocks the ball with the upper chest, allows the ball to drop, settles the ball with the foot, then passes back to the throwing player (three-touch). At the younger age levels, it may be wise to start off with an underhand toss closer in (~5-6 feet) until they are comfortable; then slowly move the players apart. Do this 5-6 times, then rotate back and forth. For **progressions**, i) encourage the receiving player to move left and right a couple of feet, or ii) increase the distance between the players, iii) decrease the arc of the throw.

# Week 5

Station

**A**

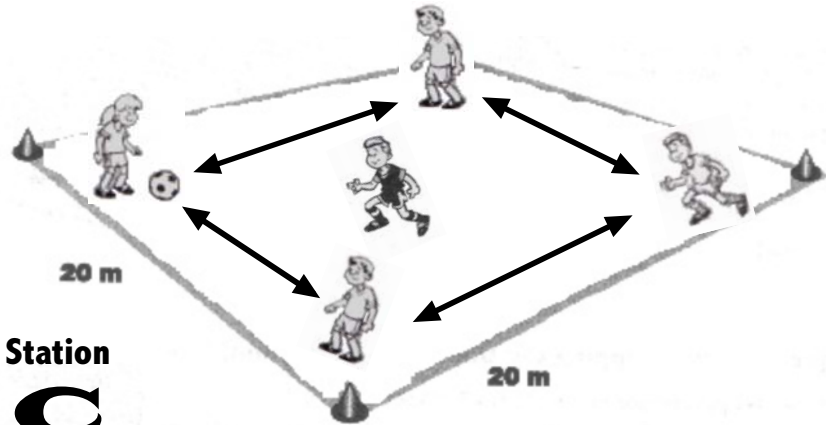


Station

**B**



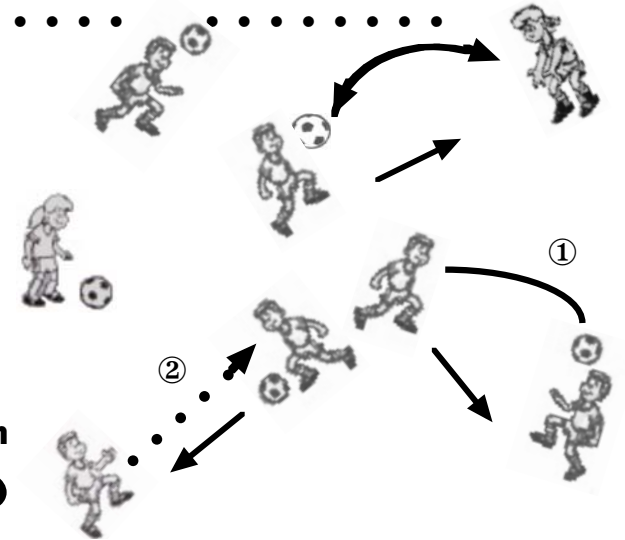
Two Stations going at the same time



Two Stations going at the same time

Station

**D**



# Week 5

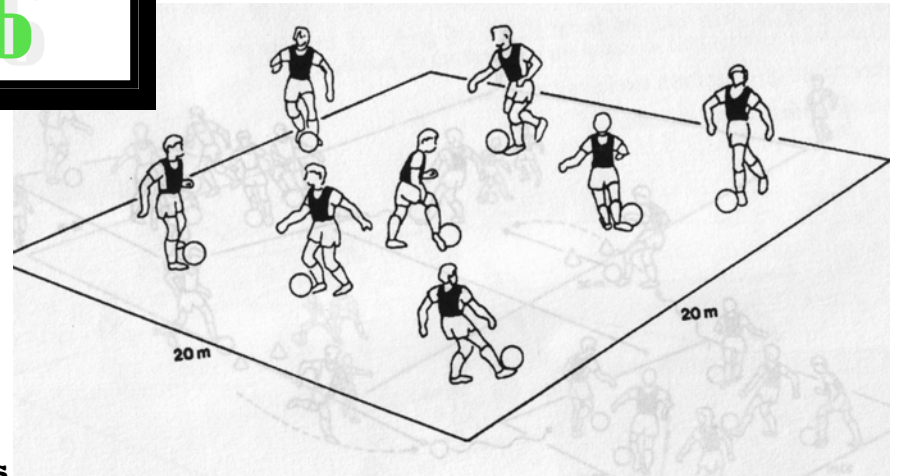
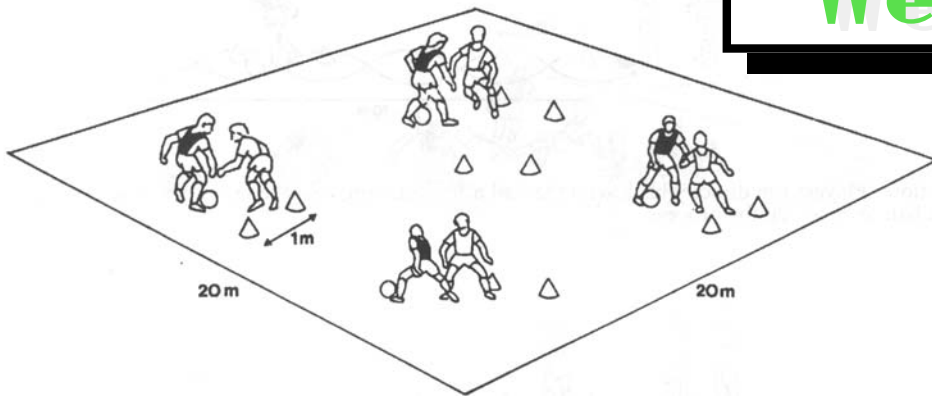
**Station A** Players with a ball line up in single file. The first player dribbles out and passes to the coach; the player then runs in the middle of the first two pylons, two-touches a pass to the coach, then moves to the middle of the next two pylons, two-touches a pass to the coach then, as the coach shoots on the net, proceeds to the goalie for a rebound. The player then retrieves the ball and dribbles back to the end of the line. **Progression** in the exercise could be by i) adding more cones, ii) the player one-touch passing to the coach, iii) using a player in the coach's spot, iv) having the goalie roll the ball to the player returning to the end of the line.

**Station B** A three player two-on-one drill within a 20m by 20m square with an objective of knocking over the ball resting on a pylon (or between two pylons a foot apart). Encourage the "offensive" players to pass at least three times before an attempted shot; change after every attempt. Again, the idea is to teach the defender to stay between the ball carrier and the "net" while also defending against the pass. **Progression** in the exercise could be by adding a second player when the passing is acceptable.

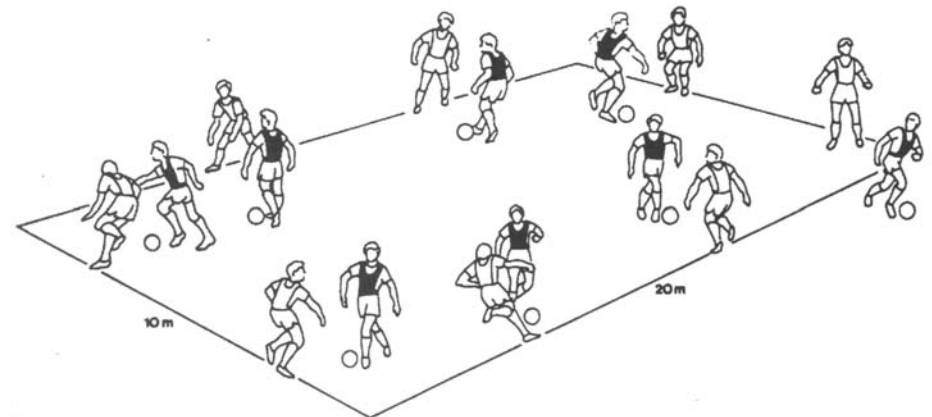
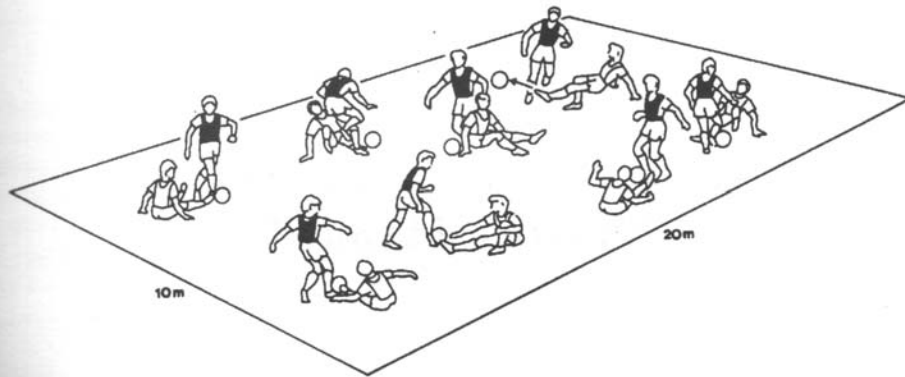
**Station C** Four player passing within an area where the size of the area will be dictated by the age of the group (20m by 20m should suffice). With one ball in play, one defender will force the players on the four corners to pass around the perimeter of the square by two-touch passing. The drill should last for one minute before rotating the players, regardless if the defender stops the ball. **Progression** in the exercise could be by i) going from two-touch to one-touch passes, ii) adding a second defender, when the passing is sound enough to allow the addition.

**Station D** The infamous circle drill with the players on the perimeter with balls; some players may hold the ball in their hands while others may keep the ball on the ground. Player(s) in the middle go to each player and either ① "chest block" a throw in and pass it back or ② two-touch pass to their colleague. The player(s) in the middle should go around twice, then rotate with other players on the perimeter. **Progression** in the exercise could be by i) one-touch passing, ii) two-touch passes (instead of three-touch) on throw-ins (chest block and striking the ball as it lands on the ground or before it touches the ground).

# Week 6



**NOTE:** All drills this week can be done with the whole team



**NOTE: All drills this week can be done with the whole team**

# Week 6

**Station A** This is similar to the drill from Week 3 - Station C - but now the player with the ball will extend the arm out with elbows bent and roll the ball backward or forward as the other player tries to take the ball away. Initially, the defending player should only move left and right to allow the ball carrier to learn the mechanics of maintaining the ball carrier between the ball and the defender.

**Station B** In a 20m by 20m square, players dribble the ball around each other. On the whistle, the players must protect their ball while trying to knock another player's ball away. When a player's ball is knocked out of the square, that player is out. Game ends when there is one player left. This is a variation of "Space Pirates".

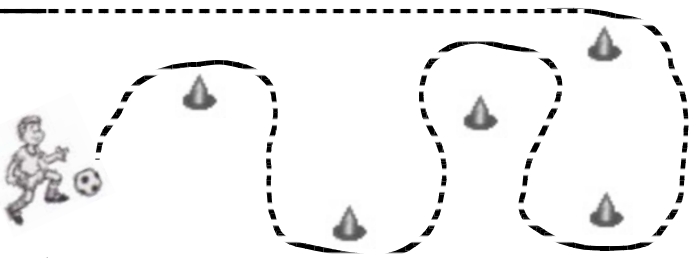
**Station C** With half the team sitting, the other half of the players dribble around the sitting players, keeping the ball under close control and head up. The sitting players move in a crab-like **but** stationary fashion to take the ball away from the dribblers.

**Station D** In this drill half the players are located on the perimeter of the square. The ball carriers on the inside have to get out of the square; the players on the perimeter can move anywhere along their side line to stop penetration out of the square. To add more difficulty to the drill, add more players to the sides and make less in the middle.

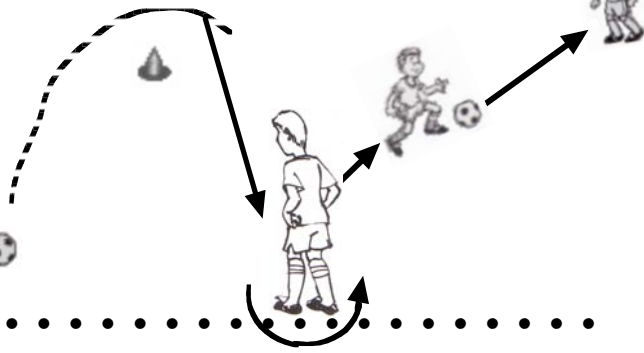
# Week 7

Station

**A**



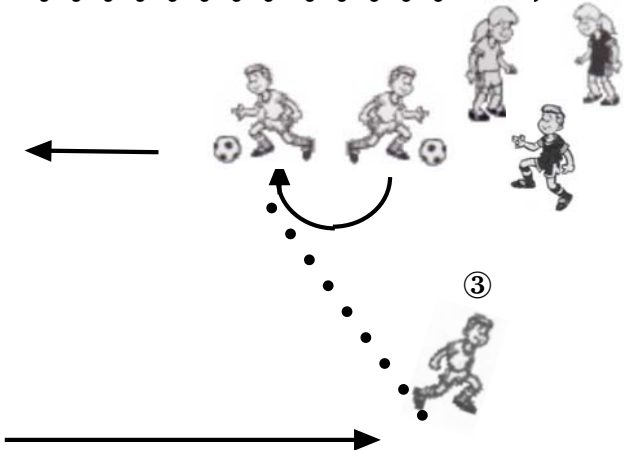
Two Stations going at the same time



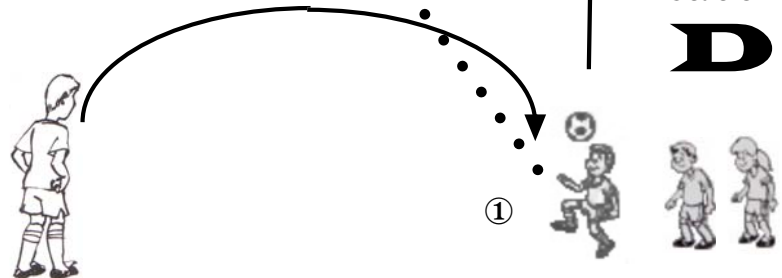
Station  
**B**



①  
②  
Station  
**C**



Two Stations going at the same time



Station  
**D**



# Week 7

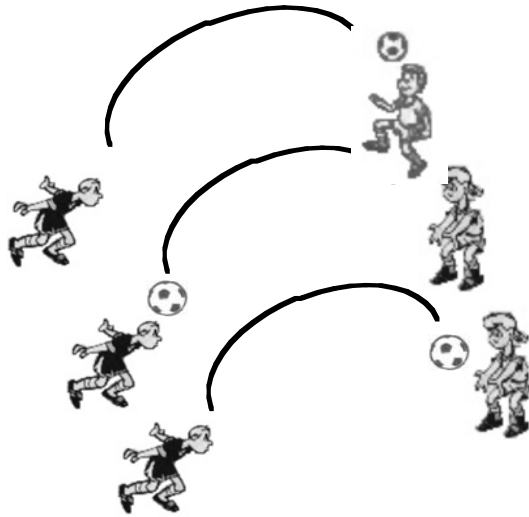
**Station A** With every player in possession of a ball, the ball carrier will go to the left cone, "cut" right, dribble to the next cone, "cut" left and so on till the last cone; the player then sprints to the end of the line with the ball. **Progression** in this drill could be by having the player, after the "cut" around the cone, pass to a player by every other cone (or each successive cone) who quickly (read, one-touch) returns the pass before the ball carrier gets halfway to the next cone.

**Station B** Players line up on one side of the field with a ball. The ball carrier sprints with the ball to the cone and "cuts" to the right; coming off the cone, the ball carrier passes the ball to the coach, runs behind the coach from left to right—as illustrated in the diagram— and receives a pass from the coach on the way to the net for a shot on goal. A variation to this would be to have a player in place of the coach as a progression. This drill can move to other side of the field to practise cutting and passing from a different direction.

**Station C** This drill could be called the scrum drill; four players vie for control of the one ball. Whoever gains control must pass to the player behind who, in turn, passes to a player to the right. The player who won control of the ball is running to the other side to get a pass from player ②. A **progression** would be to have a defensive player covering player ③.

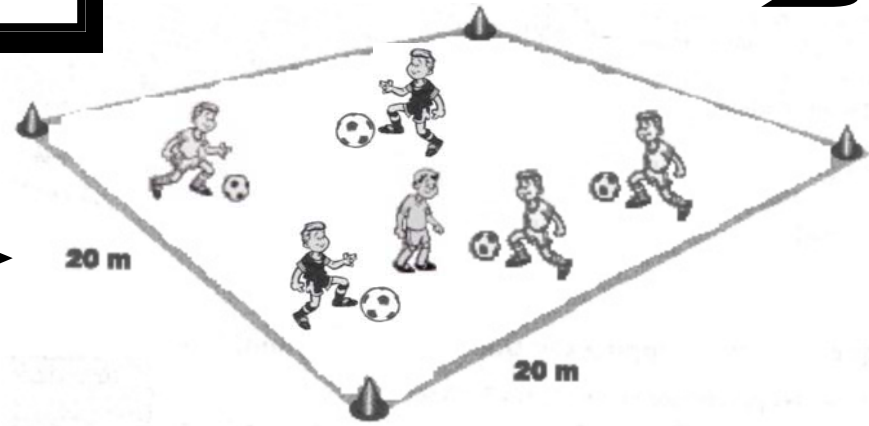
**Station D** With two rows of players, the coach tosses the ball in the air to a player in line. This player from the line on the left side of the field chest blocks the toss, relays a pass to the player from the row on the right side of the field, then sprints out at an angle for the return pass from the right side. Again, a variation to the drill would be to include a defender to cover the player in row ①.

Station  
**A**

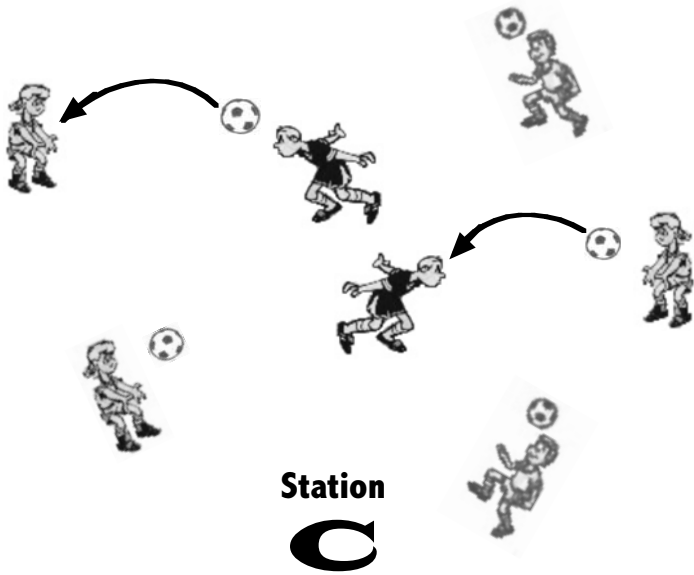


# Week 8

Station  
**B**

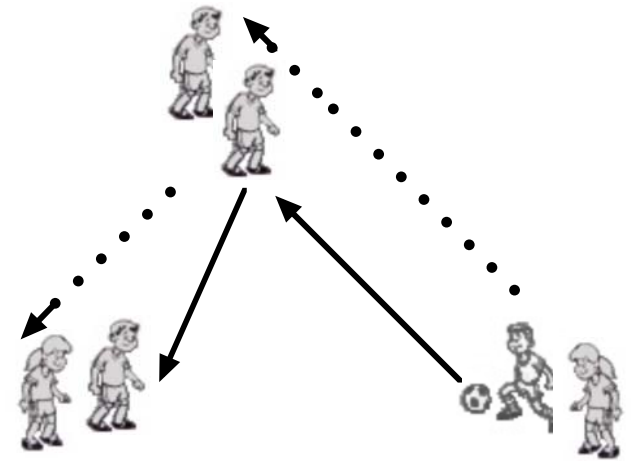


Two Stations going  
at the same time



Station  
**C**

Two Stations going  
at the same time



Station  
**D**

# Week 8

**Station A** Simple "heading" drill with the distance between players depending on the age and abilities of the group. Initially, this drill should be just a gentle toss—not too high in the air—to allow players to get the timing and basic mechanics, i.e. hands to the side, ball off the forehead, restrained lunge. Of course, **progression** in this exercise could be by i) increasing the distance, ii) increasing the height the ball is tossed and iii) heading the ball from throw-ins.

**Station B** The true Space Pirates game whereby the players in the middle dribble around a 20m by 20m box marked off by pylons; after a few seconds, introduce a player—space pirate—without the ball who attempts to take the ball away from the other players. A ball carrier that loses possession now becomes a space pirate. Drill continues until no one has a ball, then start again with a new starting space pirate.

**Station C** The circle drill with heading being the mode of ball movement. Players with a ball stand on the perimeter of the circle and toss the ball to player(s) in the middle that move from player to player heading the ball back to the tosser. The player(s) in the middle should go around the circle twice, then rotate in new players. A **progression** in this exercise could be by i) increasing the radius of the circle, ii) throw-ins instead of tossing, iii) allowing the tosser to move around after tossing the ball in order for the "header" to control the direction.

**Station D** The triangle drill with three rows of players at the three corners. With only one ball, the ball carrier starting off the drill will pass to a corner and then go to the end of the line the player passed to. The player receiving the pass must now pass off (two-touch) to any of the two corners the player chooses and runs to the end of that line. The players should initially jog until they become accustomed to the drill; then, they should be encouraged to pick up the pace. Be aware of space and distance which you may have to correct in the early part of the drill. Adding another ball would be a good **progression**.

# Week 9

Station  
**A**

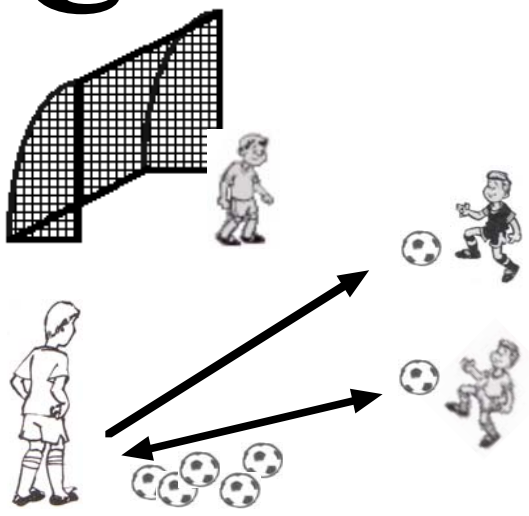


Two Stations going at the same time



Station  
**B**

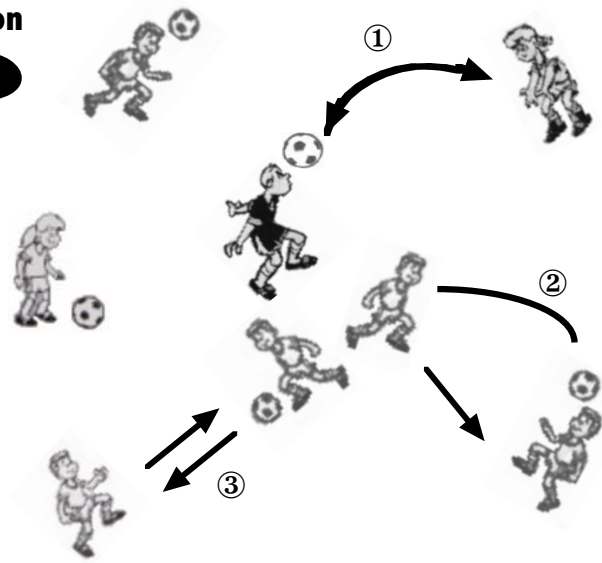
Station  
**C**



Two Stations going at the same time



Station  
**D**



# Week 9

**Station A** Ball carriers weave around a 20m by 20m box until the coach says "switch"; the players then switch directions by stopping the ball, rolling it behind them, and turning around to dribble again in a new direction. Another method to teach is the players to have the trailing foot redirect the ball after the ball is stopped. The coach should encourage use of both methods during the drill. When the coach feels comfortable with the effort and success, the space pirates variation may be added to the drill, i.e. ball carriers must protect their ball while trying to knock away another player's ball.

**Station B** Using two or more pylons, a row of players dribble the ball to the first pylon where the player stops and then moves laterally right to left (as illustrated) with the right foot moving the ball as the player goes sideways to the next pylon. The player stops the ball, dribbles forward to the next pylon stops again then laterally moves the ball left to right. Upon finishing the pylons, the player sprints to the end of the line with the ball. Encourage the players to keep the ball close.

**Station C** The coach, with a cache of balls, passes to the player on the run. The player one-touches a pass back to the coach who one-touches it back again in the direction of the net. The player gains control and shoots, retrieves the ball, and heads to the back of the line. This drill should run on both sides of the field. **Progression** in the exercise could be by i) having a player in place of the coach, ii) moving the line back and adding another pass to the exercise, iii) having the player one time the shot on net.

**Station D** The ultimate circle drill where the players on the perimeter of the circle have a soccer ball each and the player(s) in the middle accept a throw-in and head it back ①, chest block a throw-in, and pass it back (two or three-touch) ②, and receive a pass and return a pass (one or two-touch) ③. When the player(s) in the middle have gone around twice, rotate in new players.

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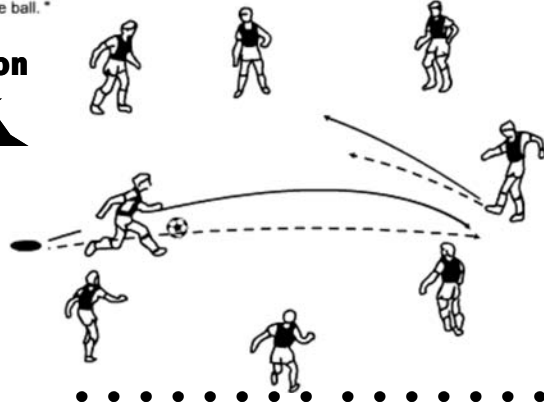
**Technique Practice: Passing and Control**

- 8 players on circle of 20-metres diameter (centre-circle).
- Pass ball to player on opposite side of circle. Follow pass. Receiver passes and follows and so on. Progress from 3-touch to 2-touch play.
- Variation: Dribble to centre of circle before passing and following.

**Coaching Points:**

- 1) Player with ball make eye-contact with other players before attempting to pass.
- 2) Call for the ball. \*

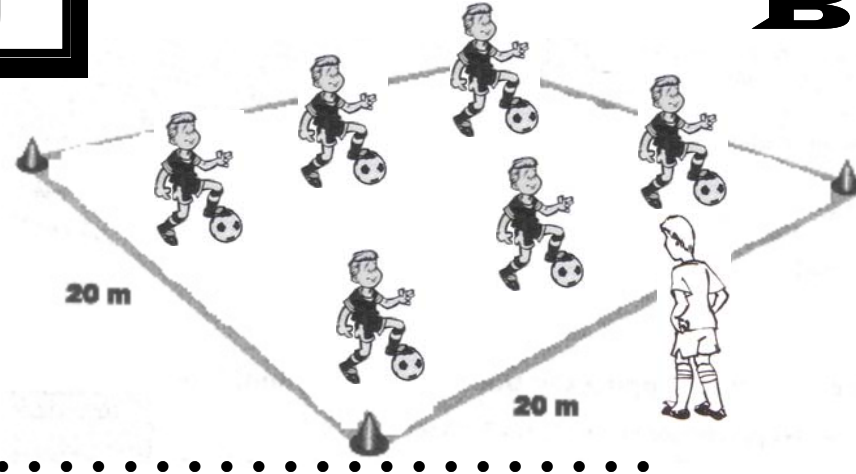
**Station A**



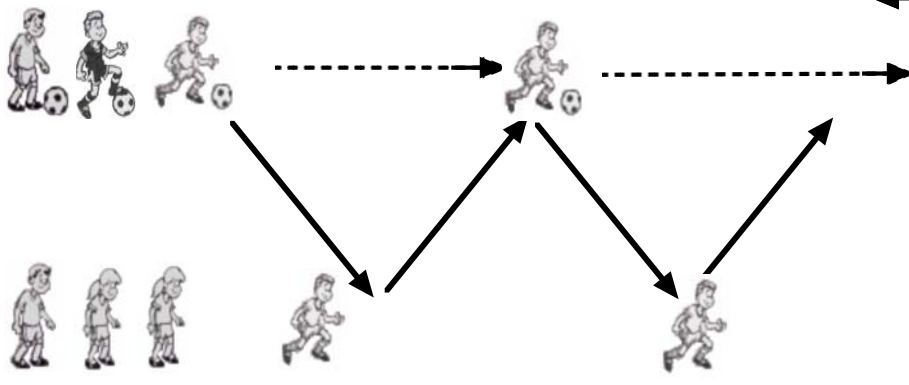
**Week 10**

Two Stations going at the same time

**Station B**

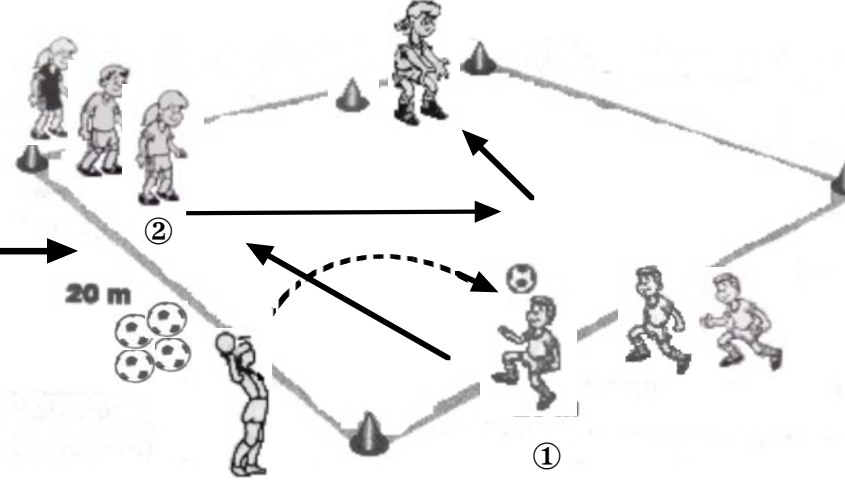


**Station C**



Two Stations going at the same time

**Station D**



# Week 10

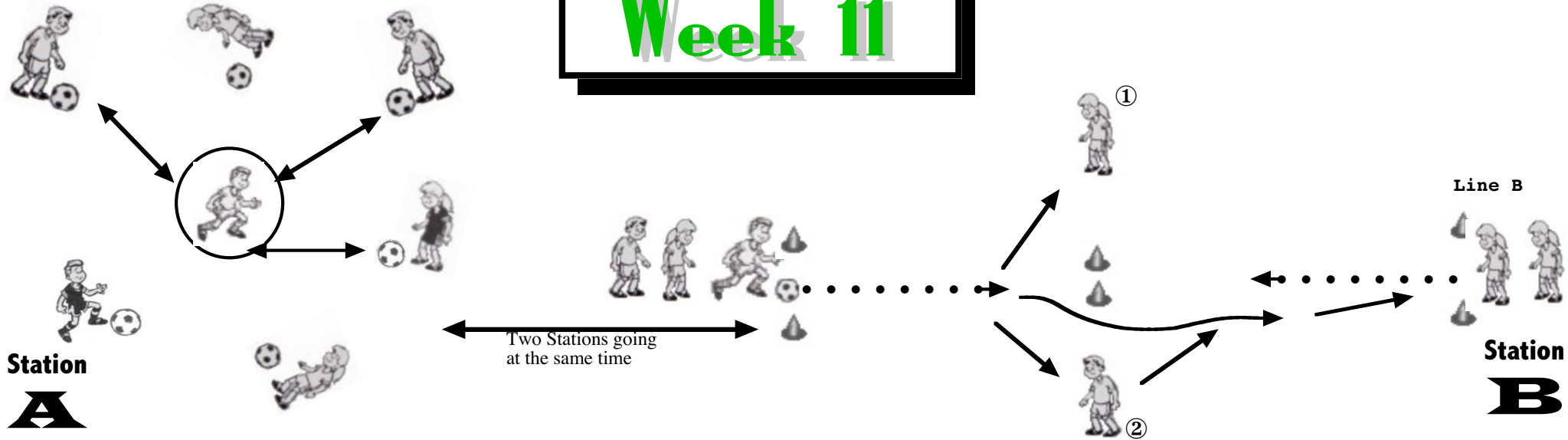
**Station A** As discussed on the diagram.

**Station B** A kind of "Simon Says" drill. Every player has a ball spaced well apart from each other and facing the coach. On the whistle or on the coach's "go", the players roll the ball backwards until another whistle when the players stop the ball on top and move forward by "topping" the ball (foot pushes the ball forward by touching the ball on top with a forward motion). Do this for a minute then add a lateral motion by "rolling" the ball left and right; the coach points which way the players should go and blow the whistle or yell "left" or "right". The next thing to add is the change direction drill (stop-roll the ball backward-turnaround); the coach can double whistle or yell "change".

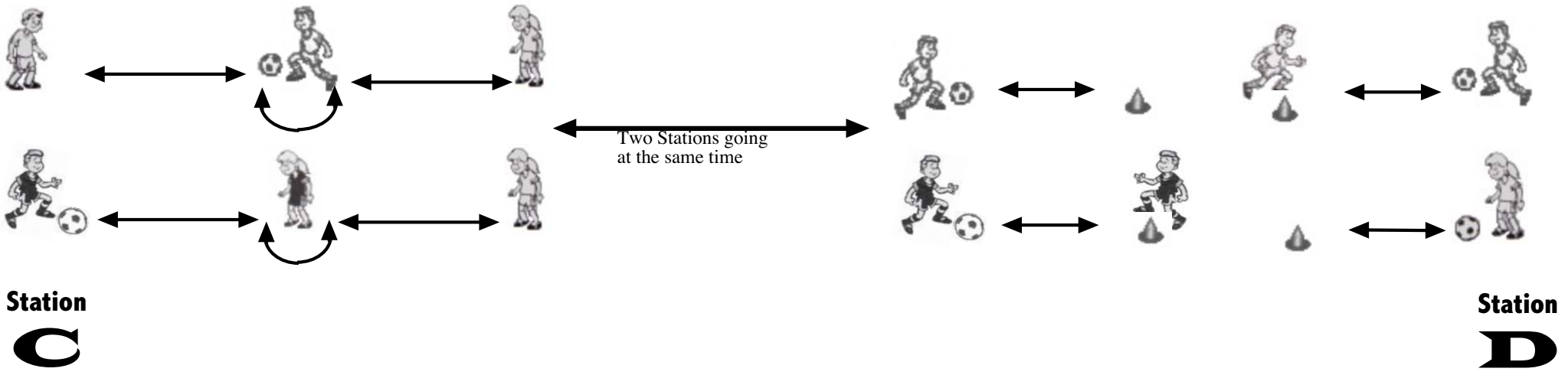
**Station C** A basic passing back and forth drill with a player from each line going straight down the field and zigzag passing to each other. There should be at least three passes and the players should wait at the other end to come back and do it over again. **Progression** in this drill could be by having the player who passed follow the pass—crossing to the other sideband the player who received the pass would also cross after receiving the ball - in essence, crisscross player movement and passing down the field.

**Station D** A good combination drill where the player from Line ① takes a throw in from the sideline; the player either blocks the ball with the body and passes to a player in line ② or heads the ball to the same player. The player from line ② sometimes it back to the player for a shot on net. Players who finished their turn should go to the end of their line. **Progression** in this drill could be by having the player from line ① redirect the pass in the air to the player in line ②.

# Week 11



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# Week 11

**Station A** The players around the circumference of the circle have a ball each which they pass to the player(s) in the middle when they request the ball by calling the players name. The player(s) in the middle must one-touch pass it back and run to the circle (this could be a hula hoop or a rope arranged in a circle) then go to the next player with a ball. Each player should go through this drill at least three times then rotate in new players from the circle.

**Station B** This is called a "wall" drill because the lone players on the sides ( ① and ② , respectively, are stationary targets. The ball carrier dribbles the ball straight in the direction of the opposite lane. As soon as the ball carrier is close to the middle pylons (about 5-6 feet away), the ball carrier passes the ball to one of the two players on the side, moves around the pylons, and receives a return pass from the player passed to. The ball carrier then proceeds to pass to the first player in **line B** on the opposite side of the field who does the same thing. After the players on the sides get three passes each, rotate in new players. A good **progression** to this exercise could be by i) removing the pylons and introducing a defender. The player from the opposite lane would run to counter the ball carrier; when the two are about 6-8 feet apart, the ball carrier passes the ball and follows the same routine as above. The defender carries on to end of the opposite line.

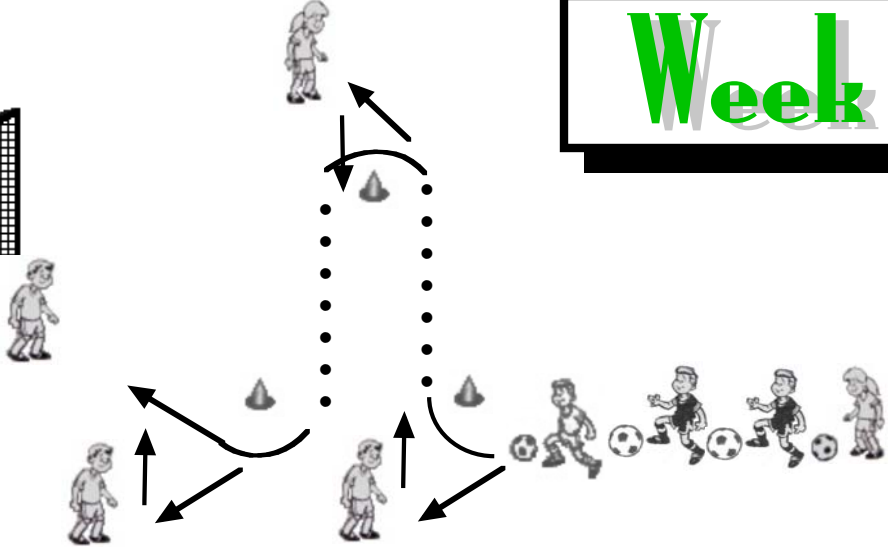
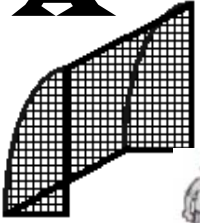
**Station C** Players are grouped into sets of three and lined up as illustrated in the diagram. The ball starts on the ends with the ball carrier passing the ball to the middle person who stops the ball, rolls it backwards and turns to pass to the player at the other end of the line. The ball then comes back the other way in the same fashion. **Progression** in this drill could be by having the player in the middle go with the pass instead of stopping the ball and passing on the run. Players will have to be further apart to allow for the distance covered by the middle player.

**Station D** Again, with players in groups of three, the middle player runs back and forth between the pylons to receive and return a pass from the players on the end who both have a ball. Initially, the player in the middle should two-touch the return passes and the distance between the pylons should be at least 12 to 15 feet. The variation in the drill would be for the player in the middle to one-touch pass the ball.

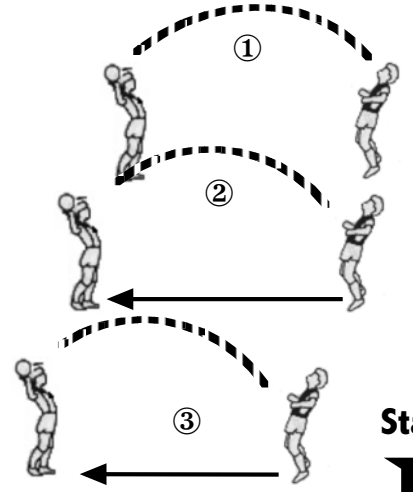
# Week 12

Station

**A**



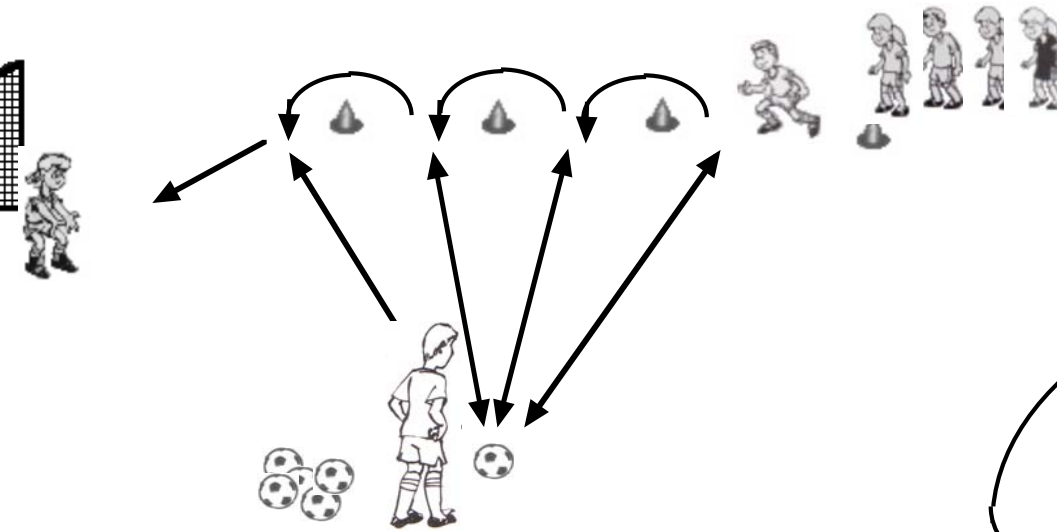
Two Stations going at the same time



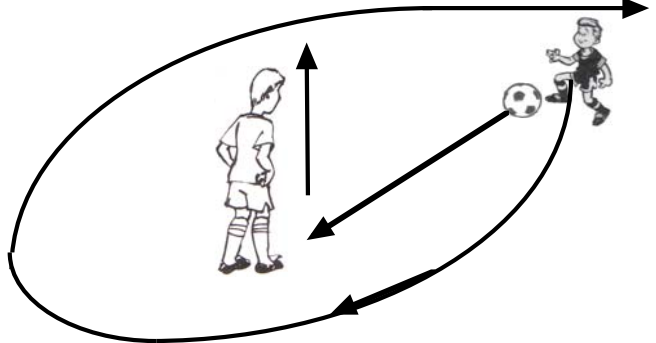
Station  
**B**

Station

**C**



Two Stations going at the same time



Station  
**D**

# Week 12

**Station A** With a row of players on one side of the field, the ball carrier dribbles out and passes to the player beyond the pylon, loops around the pylon, and receives a return pass while heading to the next pylon. As the player loops the next pylon, a pass is made to the next stationary player, who in turn, passes back as the ball carrier heads for the next pylon, and so forth. In essence, the ball carrier passes the ball before the loop around the pylon then gets a return pass while heading to the next pylon. After the last pylon, the player takes a shot on net, retrieves the ball and sprints to the end of the line.

**Station B** The ultimate throw-in drill with the players receiving the throw-in by “heading” the ball back, body blocking and passing back, and return passing the ball as it is in the air or just as it makes contact with the ground.

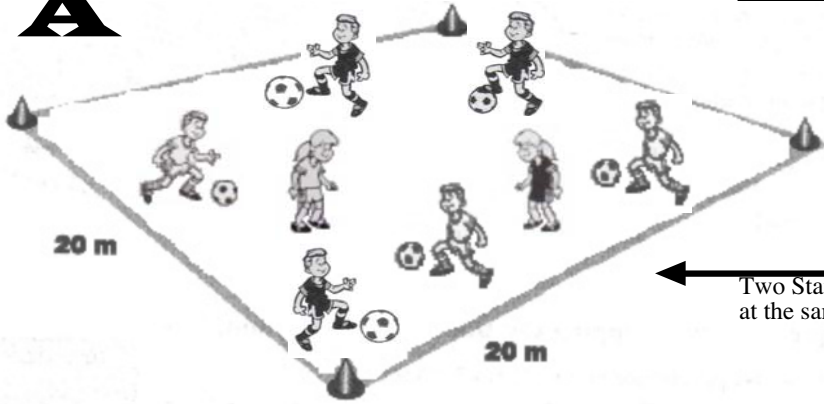
**Station C** The coach passes the ball to a player coming off the pylon; the player quick returns the pass and then does a turnaround loop, ending up between the next two pylons, gets a pass and quick returns it to the coach . . . to ultimately redirect a shot on net. The player, again, retrieves the ball and sprints to the end of the line. The goalie, as a one variation, could roll the ball out to the player on the return back to the line. Another **progression** would be to replace the coach with another player.

**Station D** The player with the ball passes to the coach who holds on until the player loops around the coach and then the player receives a return pass while heading back to the line. The player passes to the next player in line and continues the drill.

# Week 13

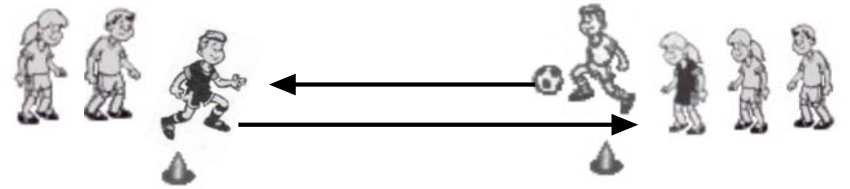
Station

**A**

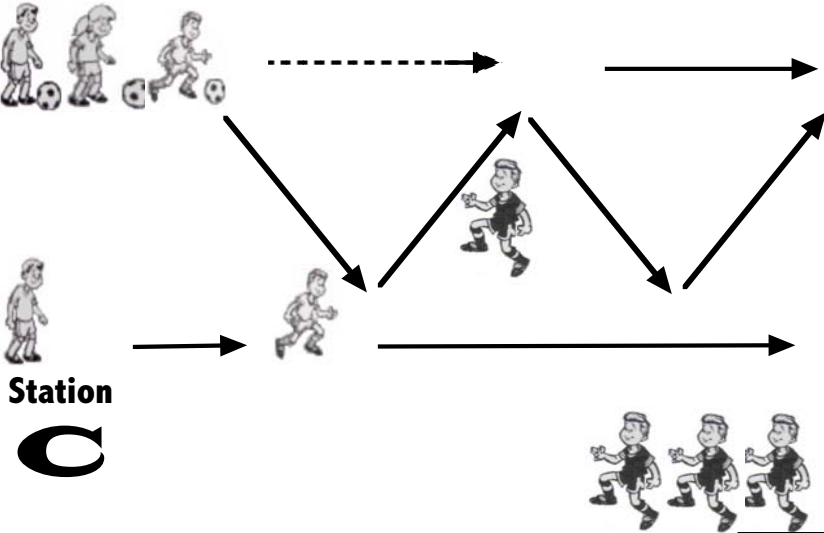


Station

**B**



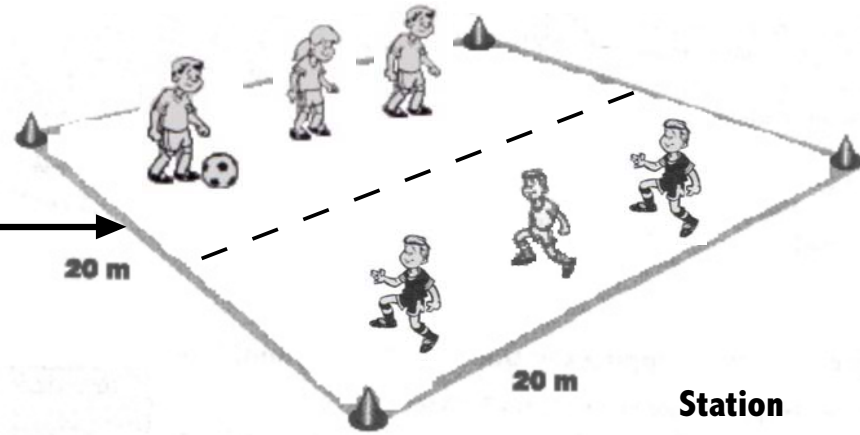
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Station

**C**

Two Stations going at the same time



Station

**D**

# Week 13

**Station A** The Space Pirates game whereby the players in the middle dribble around a 20m by 20m box marked off by pylons; after a few seconds, introduce a player-space pirate-without the ball who attempts to take the ball away from the other players. A ball carrier that loses possession now becomes a space pirate. Drill continues until no one has a ball, then start again with a new starting space pirate. A variation to this exercise would be to have players who were dispossessed of their ball to step out of the box and not continue like above.

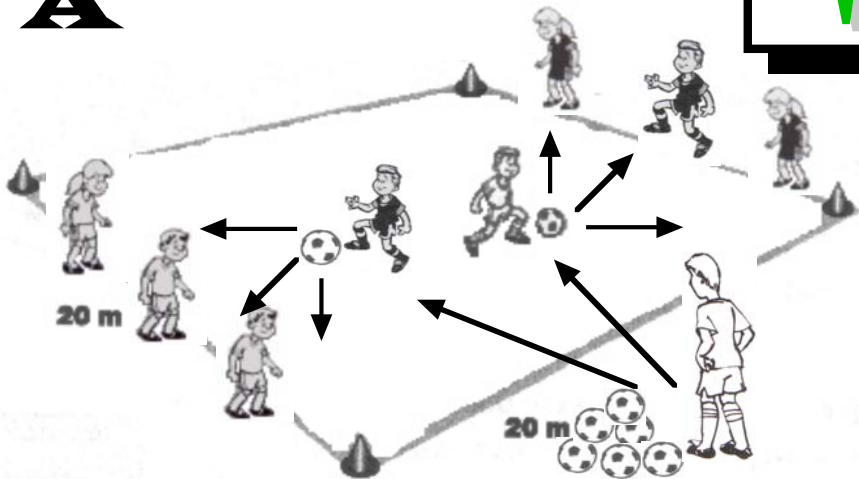
**Station B** This is a quick pass one-touch drill where the ball starts from one line and gets passed back and forth by each player in turn; the player who has just passed must move to the back of the line quickly. Depending on age and ability, it may be wise to start the drill with two-touch passes; however, the coach should attempt one-touch passes before the end of the drill.

**Station C** A basic passing back and forth drill with a player from each line going straight down the field and zigzag passing to each other. There should be at least three passes and the players should wait at the other end to come back and do it over again. But, in this instance, the two forwards have a defender; initially, the defender should not try to take the ball away but as the drill progresses, the defender should become more proactive on the ball.

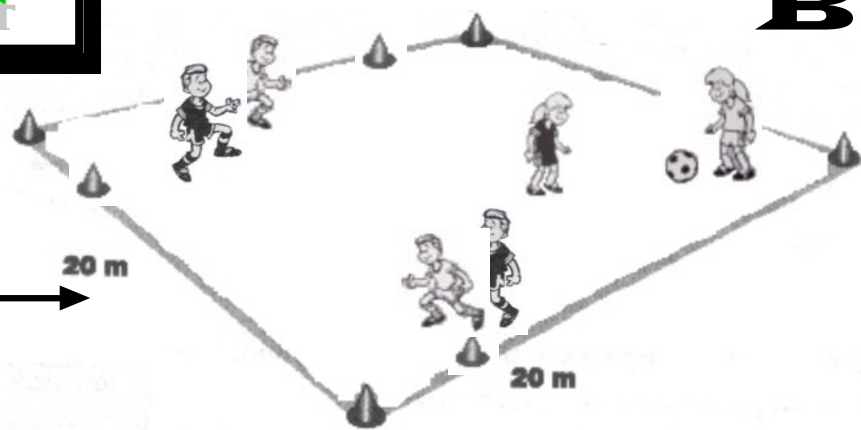
**Station D** The "goalie" game where there are three players (or 4) on each side of the halfway line of a 20m by 20m box. The idea is for one side to get the ball past the other team's pylons and out of the box. After one team gets five "goals", the coach should switch the players around so both sides have different players from the first game.

# Week 14

Station A



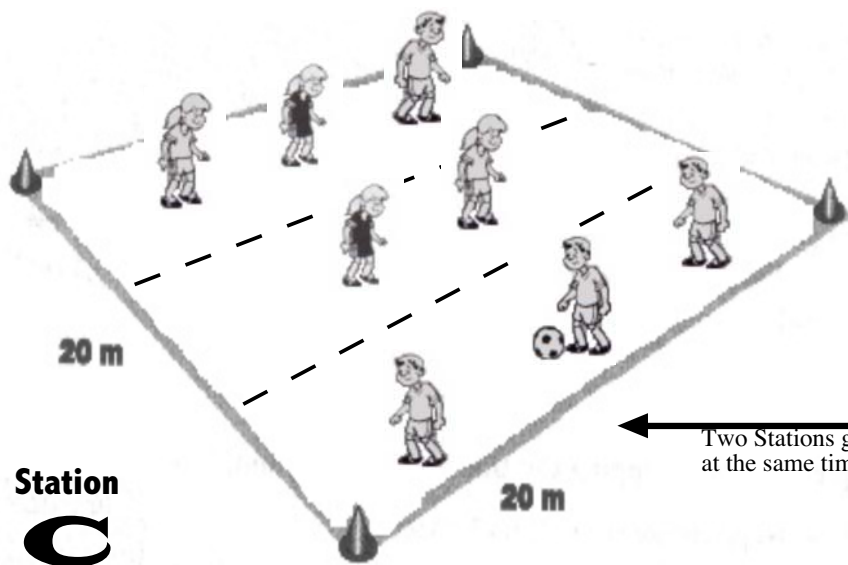
Station B



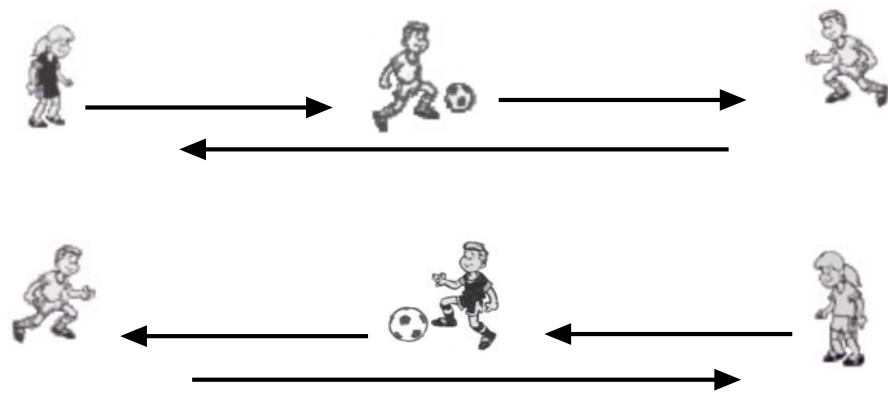
Two Stations going at the same time

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Station C



Station D



Two Stations going at the same time

# Week 14

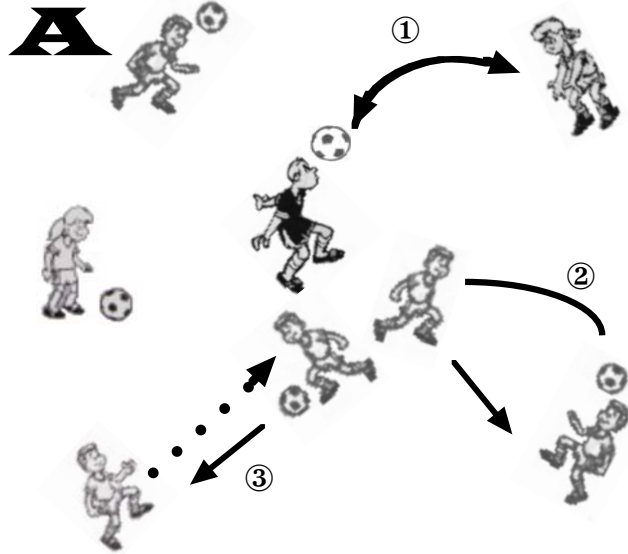
**Station A** A neat passing drill where two players in the middle of a box receive passes from the coach. The players in turn pass to any of the three players standing on the edge of the box. These stationary players quickly (read: one-touch) return pass to the player in the middle who then directs a pass back to the coach; then it starts all over again, with the players in the middle passing to a different stationary player. Rotate in new players when the middle players have passed two time to each player on the perimeter.

**Station B** Three on three game with three nets. Any team can score on any net so it is important for each player to cover another player instead of playing a zone . . . or is it??? Let the players problem solve themselves and direct them as the drill proceeds.

**Station C** Throwing/catching/kicking drill with equal number of players in each section. The idea is to get the ball over or through the middle section without the ball being stopped. The first team to get the ball stopped three times goes in the middle; however, all groups should have a turn in the middle. Start off with throwing the ball over the middle and progress to kicking the ball to the other side.

**Station D** The three player continual movement and drop pass drill is good for teaching to pass on the run and individual strategy at the same time. The player with the ball (who should always be in the middle for this drill) runs toward a player on the end who starts running toward the ball carrier; as the ball carrier gets close to his teammate, he "drops" the ball as his teammate picks up the ball on the run (and on the same side the ball carrier drop passes the ball)and continues to the other end where that player starts to run and receives a drop pass the same way. Two players are in always in motion with the third waiting until the drop pass to start running.

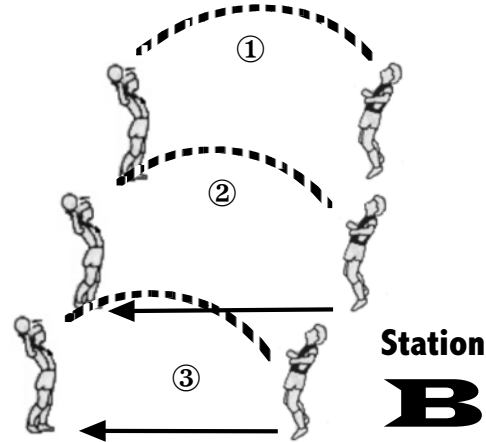
Station



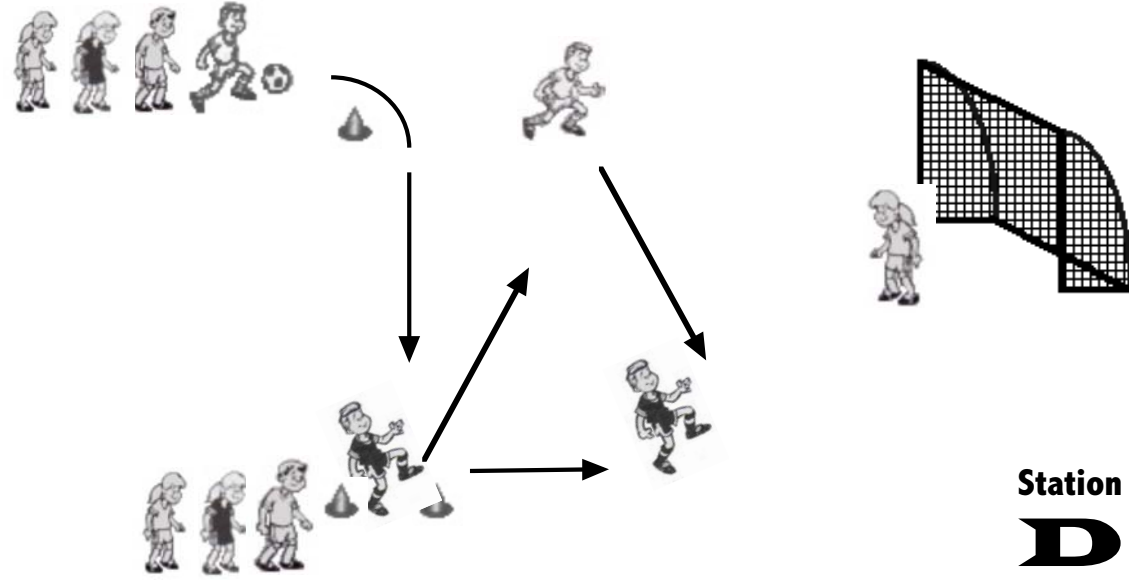
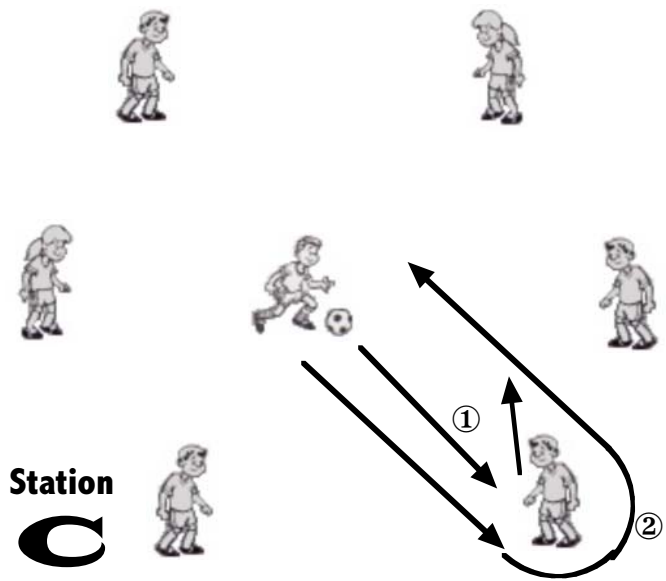
# Week 15

Two Stations going at the same time

Two Stations going at the same time



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# Week 15

**Station A** The ultimate circle drill where the players on the perimeter of the circle have a soccer ball each and the player(s) in the middle accept a throw-in and head it back ①, chest block a throw-in, and pass it back (two or three-touch) ②, and receive a pass and return a pass (one or two-touch) ③. When the player(s) in the middle have gone around twice, rotate in new players.

**Station B** The ultimate throw-in drill with the players receiving the throw-in by "heading" the ball back, body blocking and passing back, and return passing the ball as it is in the air or just as it makes contact with the ground.

**Station C** The player in the middle passes the ball to one of the players on the edge of the circle. After the pass, the player runs around the receiving player and gets a return pass on the other side as he runs to another player on the circle's perimeter. The player should pass to all players twice before another player takes his place. Another **progression** would be to have more than one player in the middle with a ball.

**Station D** Player in the left line cuts around the pylon and immediately passes to a player in the other line. This player passes back to the original ball carrier who in turn passes back and the pass is redirected to the net. The players change lines after they finish the sequence.