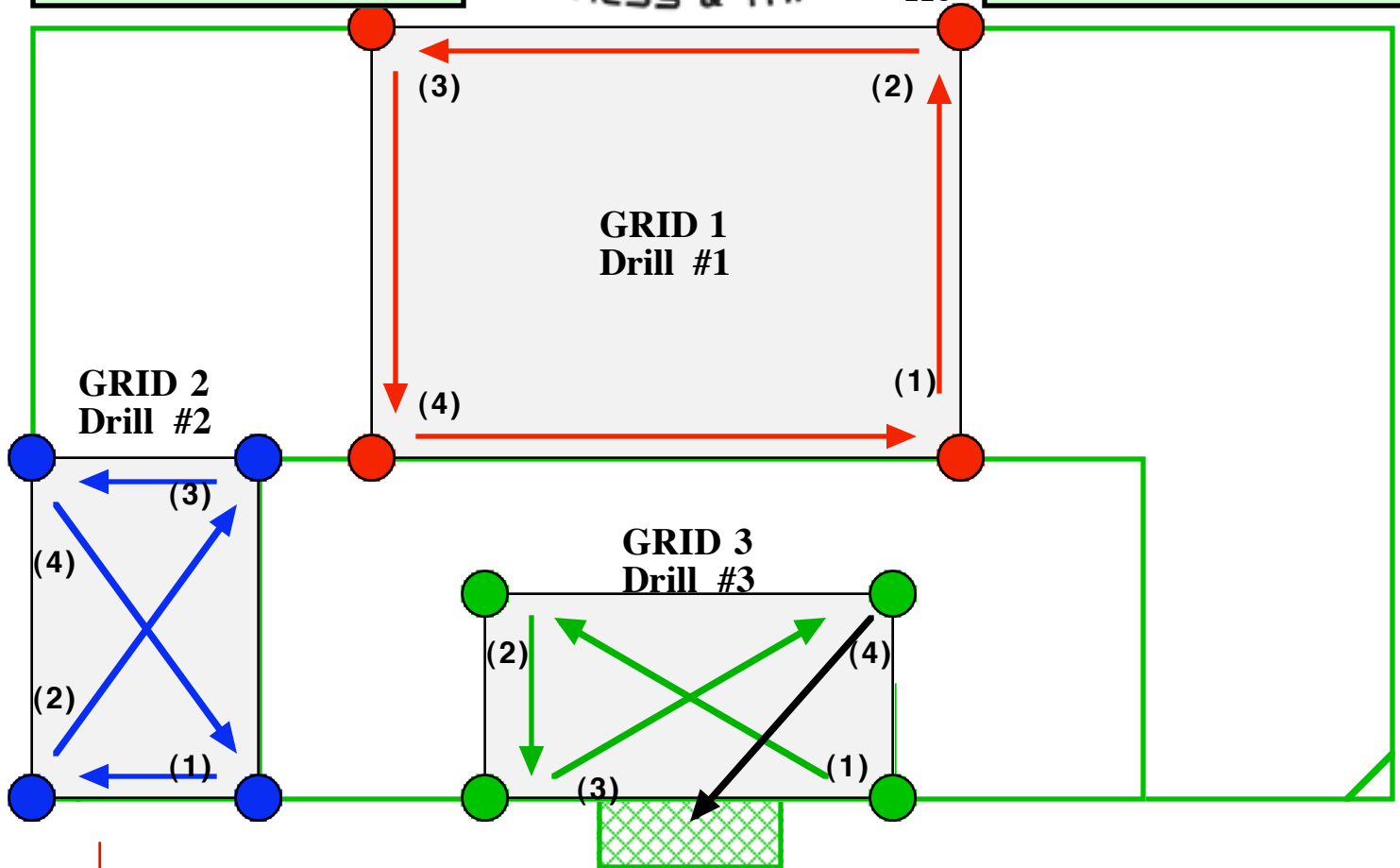


**TECHNICAL:
Passing/Receiving**



**“Speed of Play
Progression Drills”**



GRIDS: Total of 3 as seen above

- > Grid 1: 30 yards x 30 yards
- > Grid 2: 18 yards long (length of 18-yard box) x 12 yards wide
- > Grid 3: 12 yards long x 20 yards wide (width of 6-yard box)

DRILLS: 3

- > Drill #1: “Long Ball with 3-Touch”
 - Players are restricted to 3-touch passing and receiving
 - Rotation: follow pass
- > Drill #2: “Diagonal & Short Pass with 2-Touch”
 - Players are restricted to 2-touch passing and receiving
 - Rotation: follow pass
- > Drill #3: “Short Pass, Layoff & Finish with 1-Touch”
 - Players are restricted to 1-touch passing and receiving with last player -- (4) -- taking 1-touch shot on goal
 - Rotation: follow pass