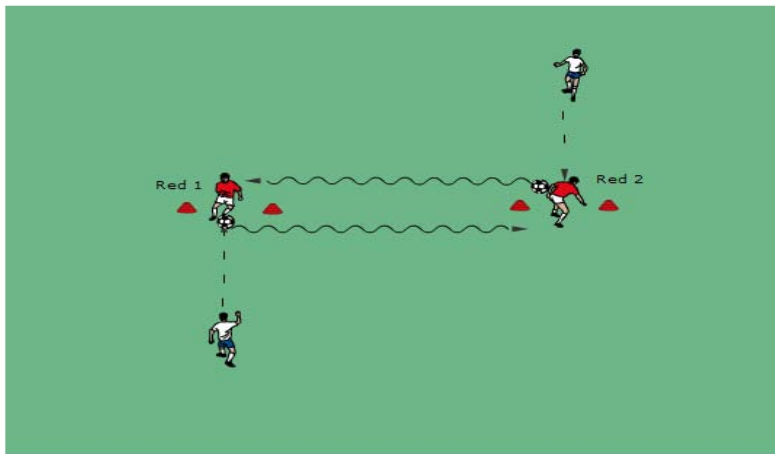


### Coerver Passing Progression:



**Set-up:** In a 10x10 yard area. Create two 2 yard gates, as pictured. Two passers, each with a ball, at opposite corners and facing their respective gates with two receivers in the gates.

#### **The Exercise:**

1. The passers pass to their receivers (red players)
2. Receivers dribble the ball to the opposite side of the square and pass the ball to the next corner player.
3. The receivers should quickly return to their original position, call for the ball, and repeat exercise.

#### **Focus:**

Crisp Passing, Good 1st touch in the direction you want to take the ball, Movement off the ball, Communication.

*Progress to:*

- White passes the ball to Red between the gates.
- Red drops the ball back first time and moves to the next gate. Repeat.
- Call for the ball!

*Change Roles after 60 to 90 seconds. Change direction of Movement.*