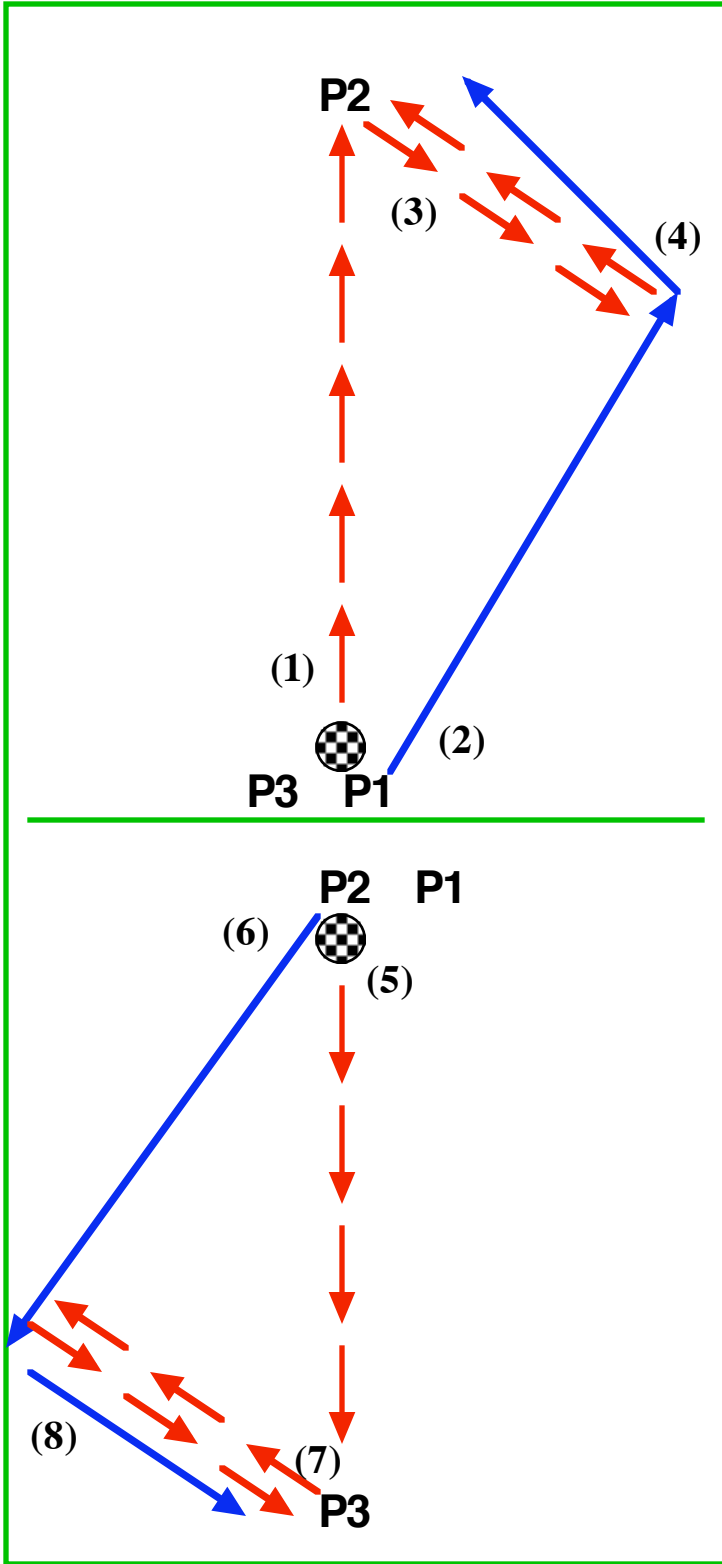


# TECHNICAL: Passing & Receiving

## "Line Short-Short-Long"



GRID SIZE: 10-15 yards long

NO. OF PLAYERS: 4 or more

(1) Player 1 passes to Player 2

(2) Player 1 makes diagonal run toward Player 2

(3) Player 2 passes back to Player 1 (Short)

(4) Player 1 one-touches back to Player 2 (Short) and then runs to Player 2's line

(5) Player 2 passes to Player 3 (Long) to complete the Short-Short-Long

(6) Player 2 makes diagonal run

(7) Player 3 passes to Player 2

(8) Player 2 one-touches back to Player 3 and runs to Player 3's line

### VARIATION

> to increase difficulty and make the drill more advanced restrict touches

> make all passes 1-touch