



GRID SIZE: 30 yards long x 50 yards wide

NUMBER OF PLAYERS: 6 or more

SETUP: A pair of players at top of box (P1 & P2), a pair of players on reach flank by endline (C1 - C2) and (C3 - C4)

DRILL:

(1) P1 & P2 pass ball back and forth at top of grid

(2) at any time, either player can command his partner to "turn"; that player then receives ball, turns and sends long ball ("Flag" pass) to the pair of "Crossers" on his or her side (above, P1 passes to C3)

(3) after "flagging" ball, P1 and P2 run to goal

(4) Crosser receiving ball (C3), drops ball back to partner "Crosser" (P4)

(5) Second "Crosser" sends ball into scoring area for a finish

VARIATIONS:

> Instead of passing to "Crossers" on same side, Players at top of grid pass across grid to opposite side "Crossers"

> Add Defender(s) and Goalkeeper in scoring area