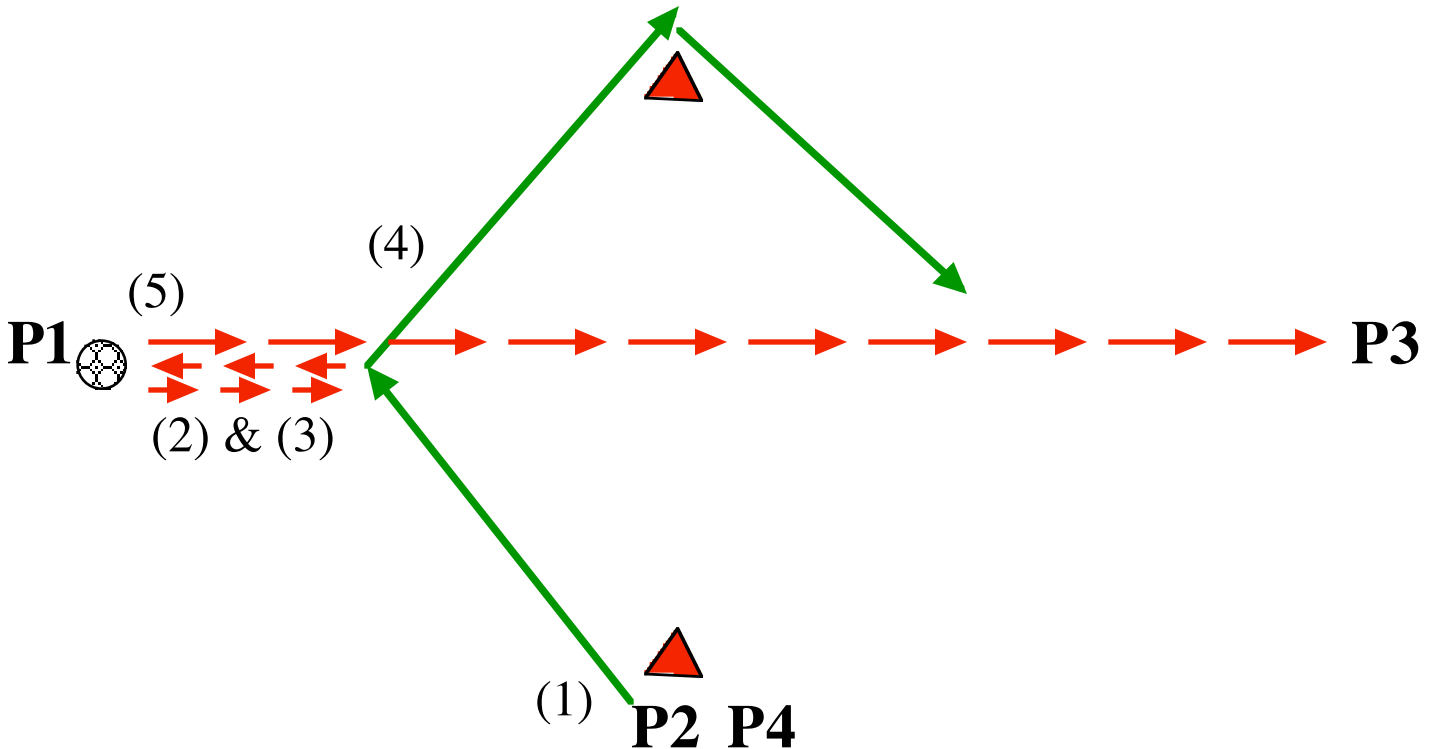


*“Short-Short-Long > Diagonal Runs”*



**GRID SIZE:** 30-40 yards between Player 1 (P1) and Player 3 (P3) and  
 20-30 yards between the two red cones

**NUMBER OF PLAYERS:** 4

**THE DRILL:**

- (1) Player 2 makes a diagonal “check-to” run toward Player 1 who has ball
  - (2) P1 passes to P2
  - (3) P2 one-touches ball back to P1
  - (4) P2 continues run, making a diagonal run away from P1 and goes around cone
  - (5) P1 hits long ball to Player 3
- Drill repeats with P3 passing to P2 making diagonal check-to run  
 P2 one-touches back to P3 who then hits long ball to P1  
 Drill starts over with P4 now making diagonal check-to run toward P1  
 When P4 completes drill, P4 and P2 switch roles with P1 and P3