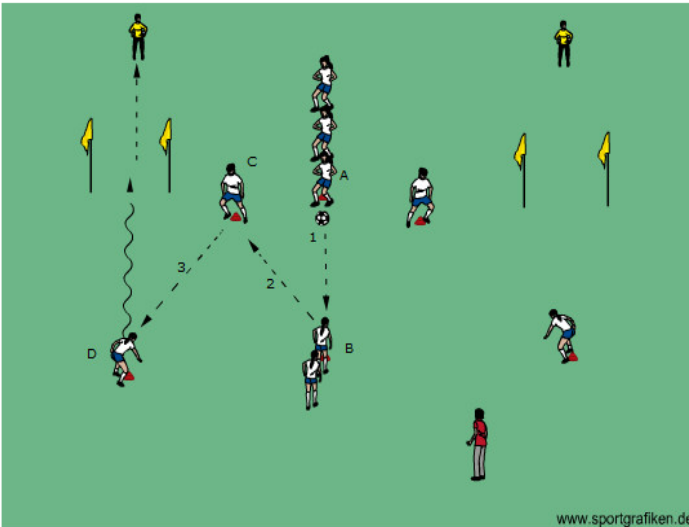


DB Quick Passing Rotation



The Set-up: (as pictured) Distance between the discs can vary depending on team's ability level.

Recommended distance from A to B is 10 yards, B to C 10 yards, C to D 15 to 20 yards. The Gate should be 10 to 15 yards from D's starting position.

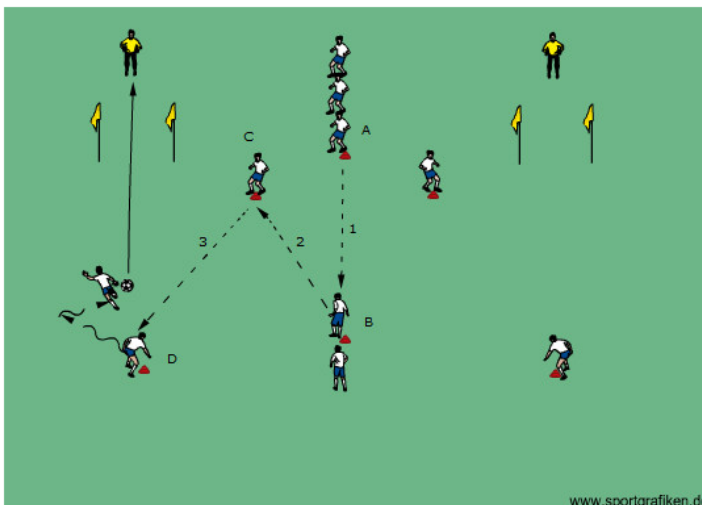
The Exercise: Player A makes a crisp pass to Player B, Player B makes a one-touch pass to Player C, Player C prepares the ball across her body and passes to D. D receives the ball and dribbles with speed through the gate. Once she gets through the gate she

passes the ball to the keeper and moves to the end of the line.

The exact same movement should now occur to the right. Players should follow their pass to the next cone.

Focus:

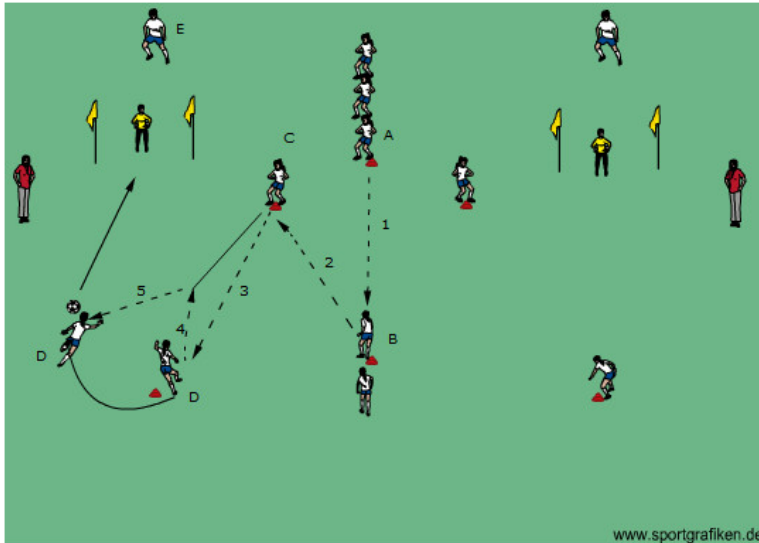
- Crisp Passing
- First touch across the body
- Speed Dribble



Progress to: The same pattern takes place, but now when the ball is played to D, D takes a touch wide dribbles a few yards, performs a change of direction move and shoots the ball with accuracy through the gate to the keeper.

Note: The coach can designate a particular move (Cruyff, Pull Back, etc). **Focus:** Same as above with the addition of Quick Change of Direction & Accurate Shooting.

Final Progression



The Exercise: The goalie now moves into the gate. The pattern remains the same, but now when C passes to D, she moves quickly to support. D plays a short drop pass to the supporting C, and moves quickly behind her disc (this mirrors the movement of combining around a defender) and receives a return pass from C. D should shoot 1st time (or on the 2nd touch for younger players) to try to beat the keeper. The shooter should now take up a position behind the goalie and serve as a ball shagger (position E) for the next player before joining the line.

Focus:

- Crisp Passing
- First Touch across the body
- Combination Play
- Movement of the Ball
- Finishing