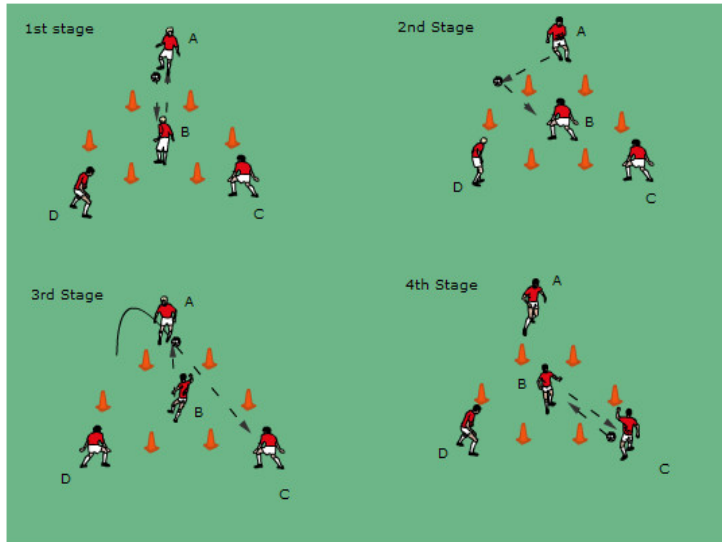


## Holy Cross Hexagonal

The following exercise was created by Ted Priestly, Men's Head Coach at the College of the Holy Cross, to provide his players with constant repetition to improve individual technique in a dynamic fashion. Although I observed this session with collegiate players, it is appropriate for all ages. It's important to note that no matter what the level or age of the player, technical repetition remains a key aspect of player development.



### The Set-up:

Create a hexagon with 6 cones (or discs).

Cones should be approximately 3 yards apart.

1 ball, groups of 4.

### The Exercise:

- **Stage 1:** A plays to B, B plays directly back to A
- **Stage 2:** A takes a lateral touch and slips a pass back to B.
- Can we slip this pass back to B with the outside of our foot?
- **Stage 3:** B passes the ball back through the window A had started the initial movement. A, who had moved quickly for the return pass after slipping the ball to B, plays directly to C (or D).

- **Stage 4:** C plays to B, B returns to C

\* Exercise continues along the same pattern.

### Focus:

- Crisp passing
- 1<sup>st</sup> touch to clear the space
- Movement off the ball
- Footwork
- Communication (Coach asked the player to call, "Again" when moving for the return pass)
- Speed of play

**Note:** To challenge the players, Coach Priestly asked the various groups to keep score. Every time a full rotation occurred a point would be awarded.

**Rotation:** Every 90 seconds the player in the middle would rotate out.