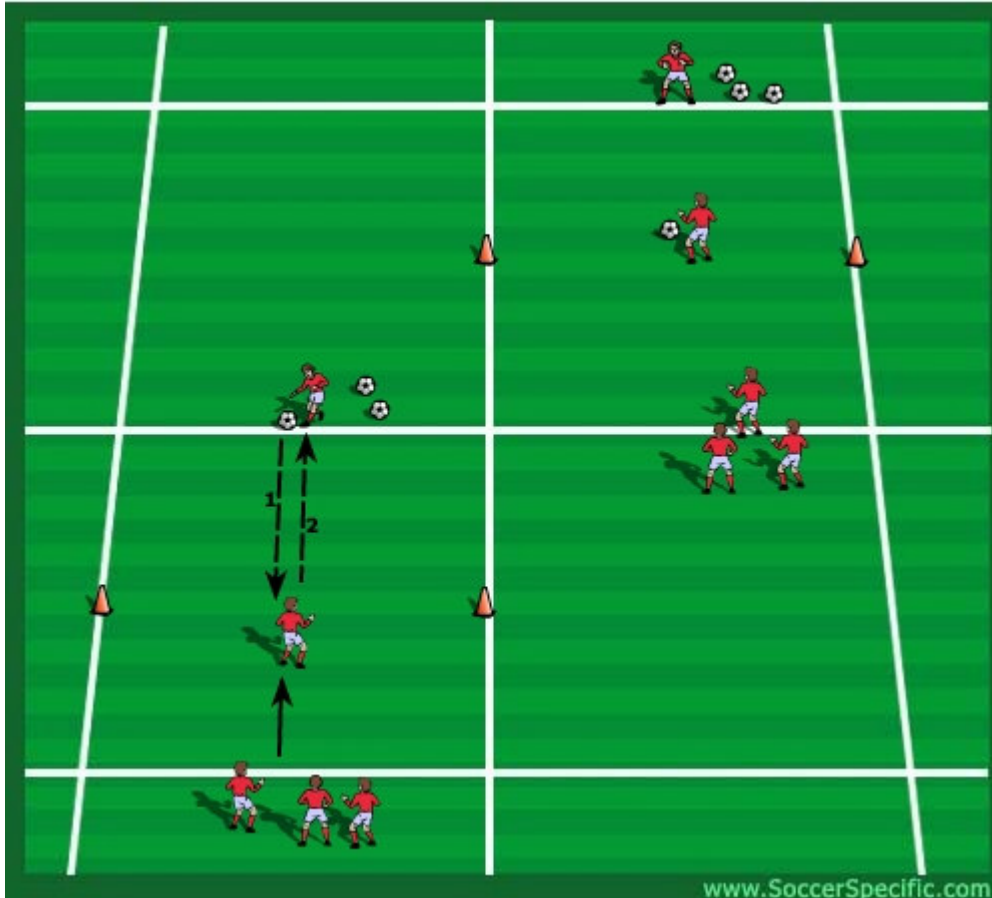# One Touch Give it Back

Emphasis: Accuracy and weight of one-touch passing.

Set-up:
10 x 10 yard grid. 4-5 players per grid with one player designated as server.
Two cones are placed at the mid-point of the grid. The server is positioned at the end of the grid with a supply of balls as shown.
The remaining players begin at the opposite side of the grid.

Objective:
The first player in line must jog forward towards the server. The server must pass (1) a ball to the player when he reaches the cones (midpoint of the grid). The player must attempt to return the ball accurately to the server with a one-touch pass (2). The next player in line begins the sequence immediately after the player in front has completed the pass. Play is continuous for a designated period of time.

Progressions:
(1) Limit the server to one touch to increase the tempo of the exercise.

Coaching Points:
- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.