



# The Shuttle

**Category:** Physical: Warm-up (With ball)  
**Difficulty:** Transition Phase

Kirstin Gebhart, Brockport, United States of America  
Individual-Adult Member

## Screen 1

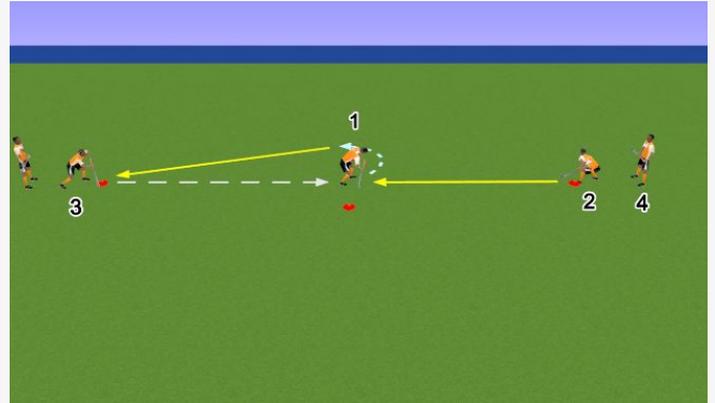
**Goal:** This drill is a great way to keep five players actively practicing a variety of receptions at a fast pace and in a controlled environment. This drill is well suited for stick-and-ball warm up.

### Skill Emphasis:

- Push passes
- Mobile receptions
- Vision

### Drill:

1. Player 1 leads through the middle gate.
  2. Player 2 passes the ball.
  3. Player 1 receives the ball using the prescribed reception (open reception, fade reception, drop-step reception, etc.).
  4. Player 1 passes the ball to player 3.
  5. Player 2 leads through the middle gate.
  6. Player 3 passes the ball.
  7. Player 2 receives the ball using the prescribed reception and passes the ball to player 4.
- The drill is continuous, stopping after a certain number of passes are complete or the coach recommends moving to a new reception.



### Recommended:

Consider sending a bouncy ball into the middle gate to work on receiving not-so-perfect passes.  
After working through a host of receptions, allow players a final round to be creative and choose their own receptions.  
Watch our video on YouTube for a demonstration of the drill.

*Drill provided by Amy Cohen, head coach at West Chester University.  
The NFHCA Drill of the Week is sponsored by FieldTurf®.*