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30 yard circle, two working players in red in middle, various colours around edge all with a ball. Coach calls two colours, ie red and yellow as shown, working red players check to one colour each, turn and fire the ball at pace to another of the same colour as shown. Passes are fizzed in, passive pressure can be added and players worked sets of 45 seconds. Any misplaced passes from the working players result in one full pitch run per pass.