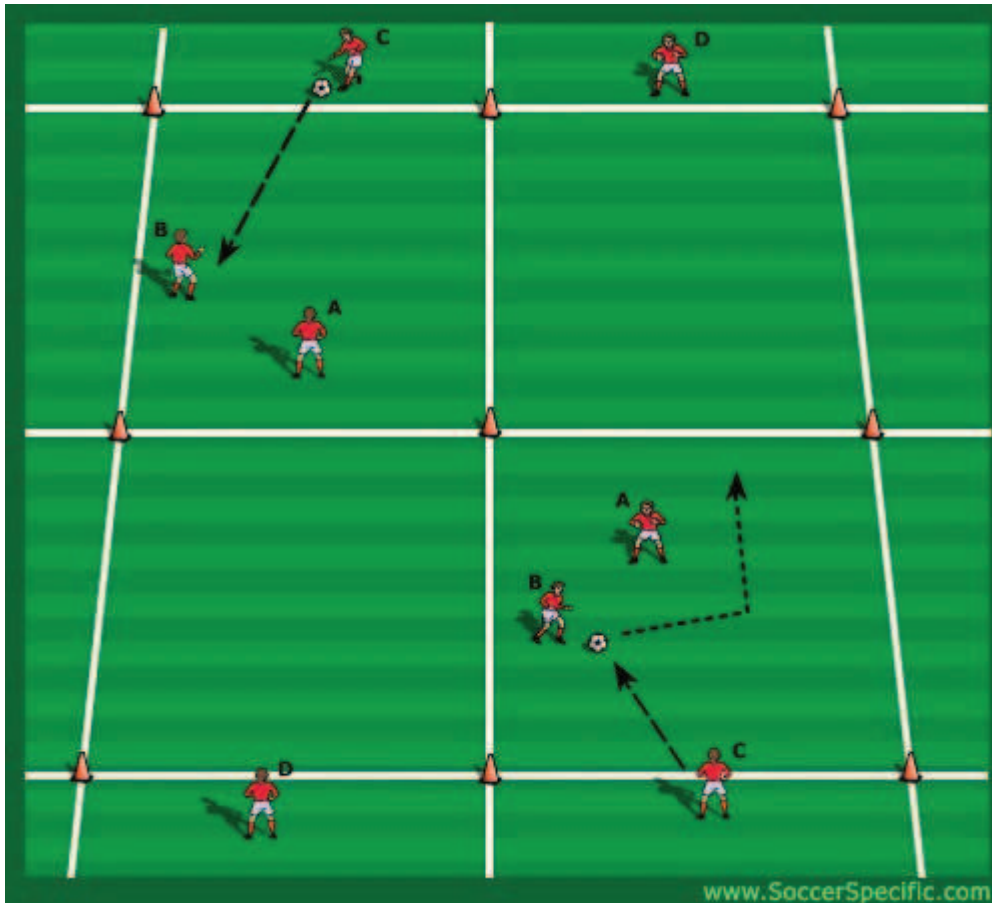


Check And Move

Emphasis: Creating space to receive ball, Dribbling to beat an opponent.



Set-up:

20 x 10 yard grid.
 Groups of 4 players per grid. One ball per group.
 Repeat set-up to accommodate entire team. Two players start in the middle of the grid; the two other players are positioned at each end of the grid as shown.

Objective:

Player (A) is designated as the defender for the first sequence. The ball starts with one of the outside players (C). Player (B) must try to lose the defender through constant movement and quick changes of direction. Player (B) must try to receive a pass from (C), successfully turn and play a pass to (D) at the opposite end of the grid. (B) may pass the ball back to (C) if the defender prevents turning. Points are scored for successfully playing the ball to the opposite end of the grid. If the defender steals the ball, the roles are immediately reversed. Rotate players after designated time period.

NOTE – game is very fatiguing therefore players need to be rotated frequently.

Coaching Points:

- Quick changes of direction and speed must be used to lose marker.
- Communication with outside players is vital.
- Attacker should check back at angles to try to receive the ball in a half-turned position.