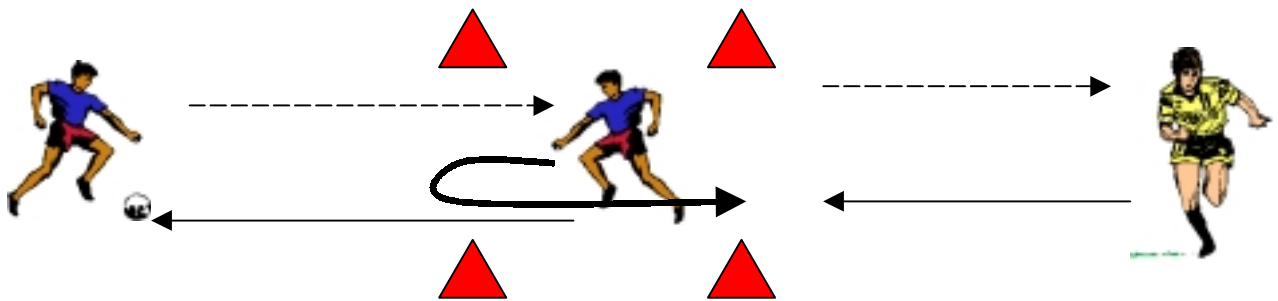


## Check Back Drill

The first exercise is a simple check to the ball drill. It is a drill that helps develop the technical excellence we mentioned in receiving and distributing the ball as the player is coming back to her teammate. It is a great progression drill since you can walk through it to start, then gradually increase the complexity by speeding up the center player, limiting touches, using both feet and different parts of the feet to touch and distribute the ball.

### Set Up of Check Back

1. Two (2) sets of cones to act as markers. With older players you can do this free form, but with the younger ages the cones act as a target towards which they can aim

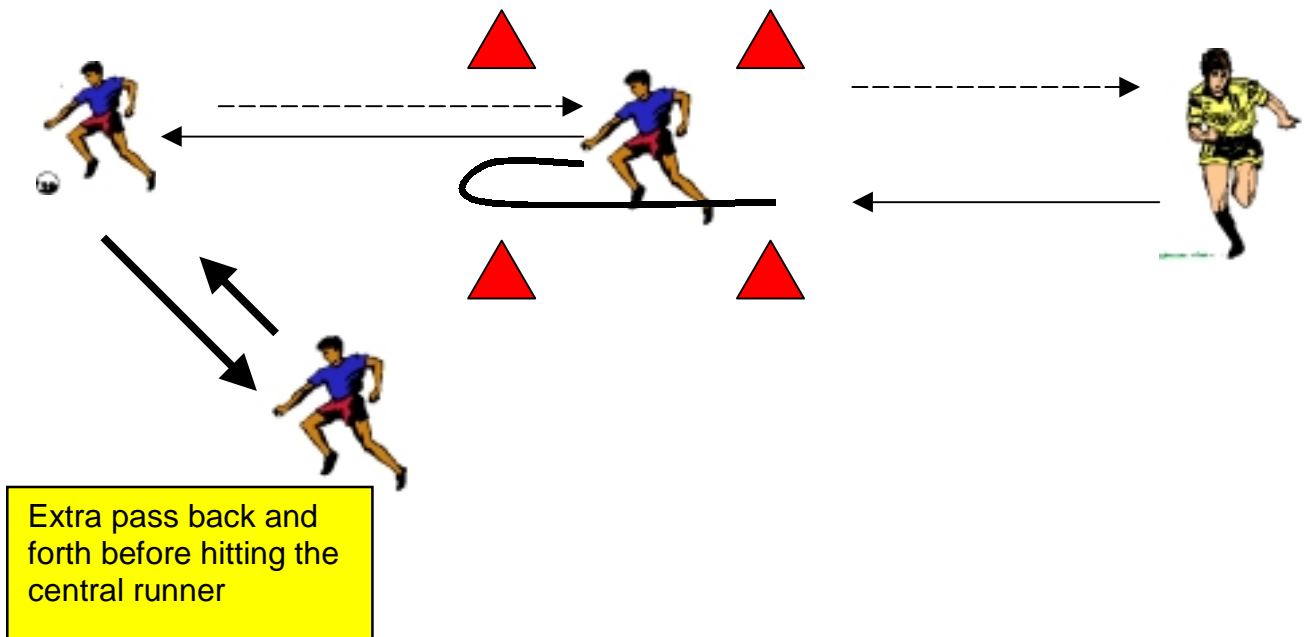


2. Players at the ends **each** have a ball
3. Player in the middle starts at one set of cones and runs (walks if you need to simplify) towards the other set
4. Player receives the ball and immediately gives it back to the passer
5. Player in middle reverses herself and runs back to the first set of cones, receives pass and returns it.
6. Process is repeated

### Coaching Points of Check Back

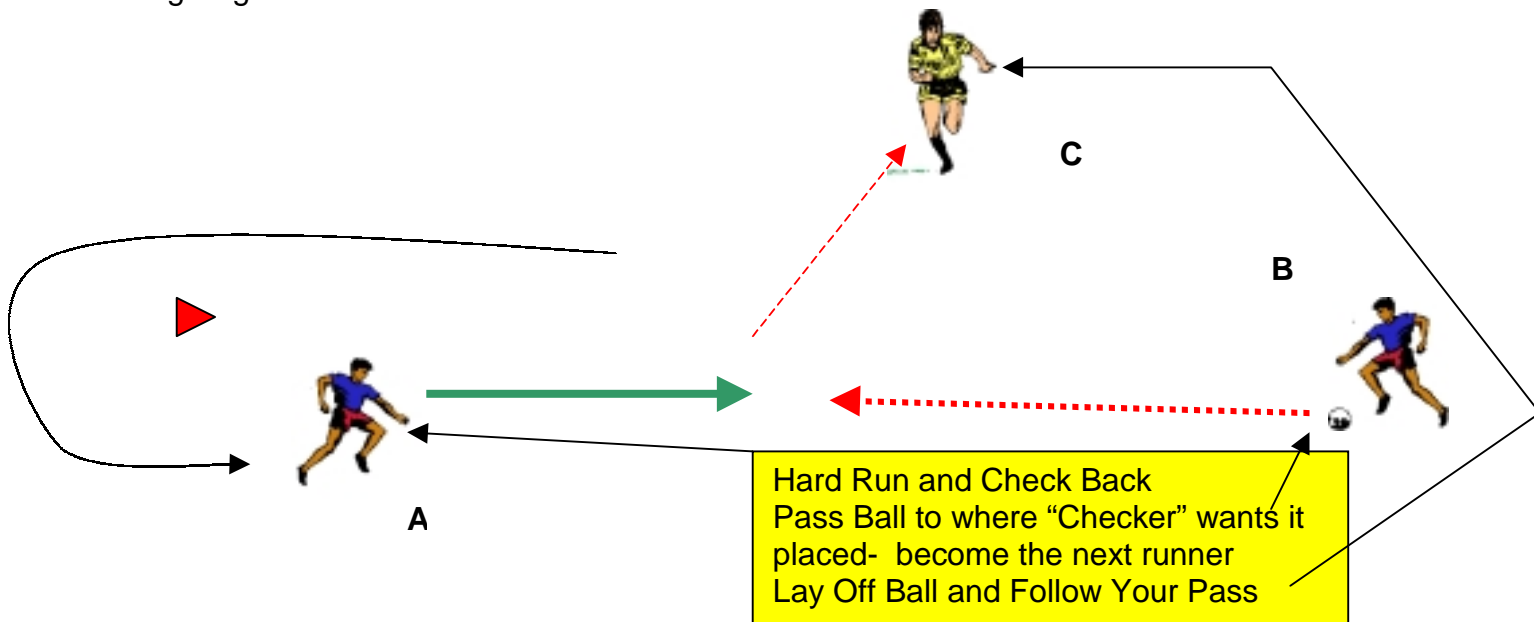
- Allow a two touch pass to start and gradually progress to a one touch

- Walk through the drill to start and gradually pick up the speed
- Stress technical excellence since there is no pressure on either passer
- Players on the outside can two touch continually since they have time between the runs. Stress proper preparation of the first touch so that the second touch, the pass, is accurate and with the proper weight.
- The ball must be played directly to the feet of the checking player.
- Make sure that the checking player strikes the ball in the center or above so that the ball stays down.
- Make sure that the checking player does not watch her pass after she makes it. There is nothing she can do with her eyes and mind after the ball has left her foot.
- Make this a competition among **GROUPS** of 3. How many can the group get in one turn? How many can the group get as a group? Stress team work...your pass enables a good receipt and return.. not just kick the ball and forget where it goes.
- To increase the complexity of the drill further, you can add a second passer at each end that the passer has to play a ball to , and then receive from, each time the central player makes the pass to him



### Three Man Check Back – Layoff Drill

This next drill is a free-form progression of the Check Back drill wherein three (3) players continually switch positions between passer, person checking back and player receiving a lay off pass. This is an excellent anaerobic condition drill giving a 2 to 1 rest to exertion ratio.



**Player A** is the Checker. She makes a sprint at a cone and either goes around it, or better yet, puts on a hard stop at it and then sprints back to the ball handler, **Player B**.

**Player B** plays the ball to the feet of **Player A**. Ideally Player A “shows” where she wants the ball by body position, hand directions or simply yelling.

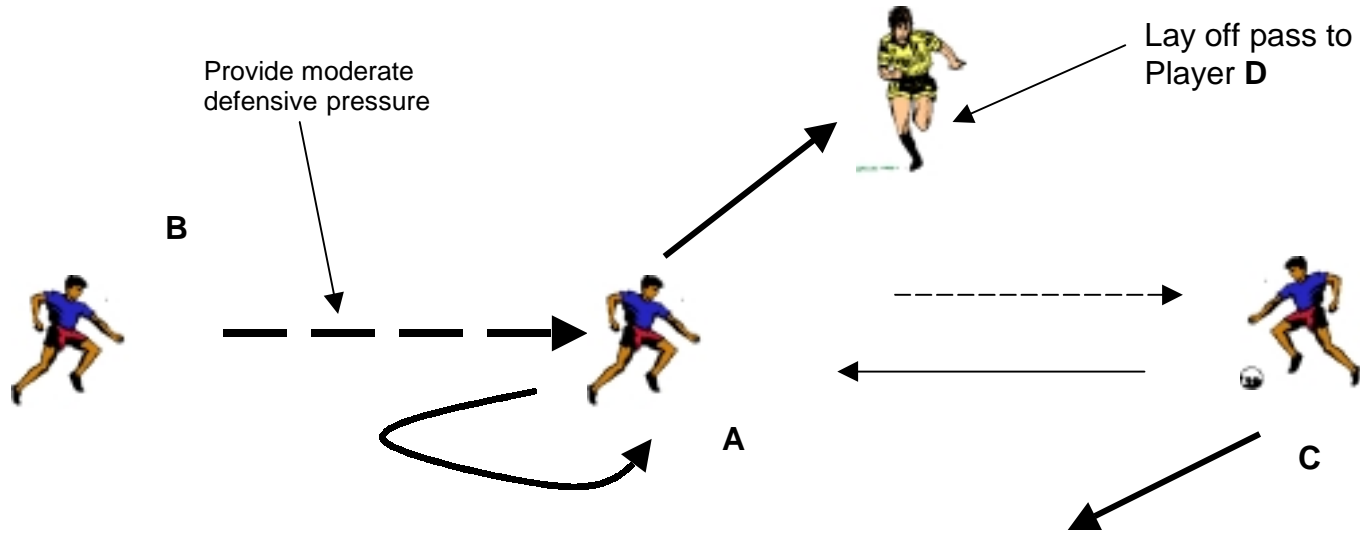
**Player A** must play the ball cleanly on the **first touch**, prepare the ball in the direction she wants it to go and then lay it off with a **second touch** to **Player C**.

The players then rotate position. Original Player A follows her pass and becomes player C. Original Player B follows her pass and becomes the player checking back (Player A). Original Player C, who now has the ball, becomes the passer (Player B).

This drill should be done at high speed. The only player sprinting is Player A and she has two “turns” to rest before her next sprint.

Stress technical excellence in passing and receiving. There is no pressure from external defenders.





A variation of this drill is found in the next section entitled ***“Turn !”*** The difference between this drill and the *Turn !* drill is that the player checking back here does not turn , or attempt to turn, into the pressure. She simply lays the ball off.

The next progression, as stated above, allows higher pressure to be put on **Player A** to the point where **Player B** is constantly disrupting the offense because she knows where the ball is going. When this occurs simply have **Player C** join the play with an overlap away from **Player D’s** position. This gives **Player A** a second option and makes her look and see (feel) where the pressure is coming from, and then play the ball away from that pressure.