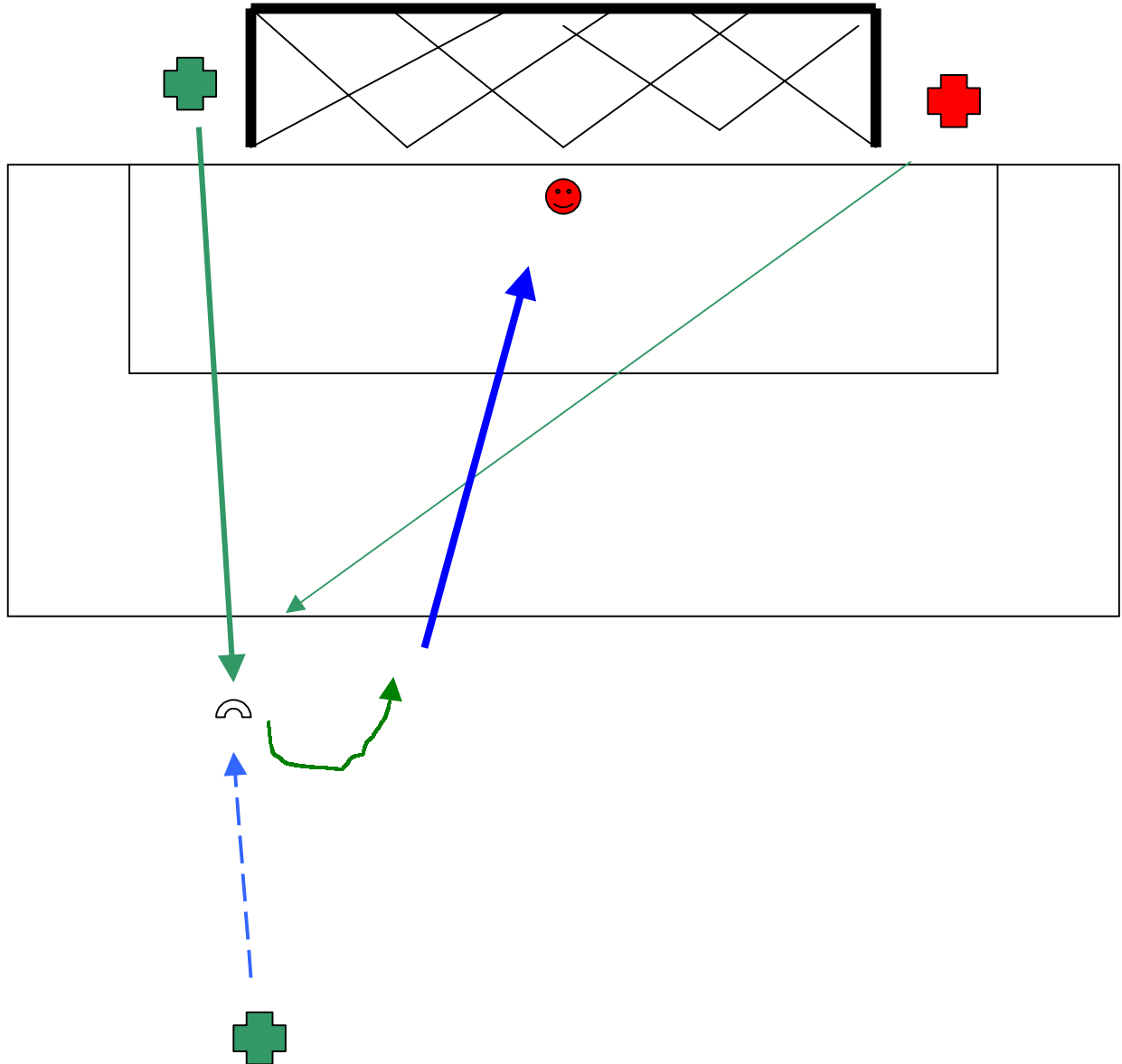


## Checking Back and Shooting



### Set Up and Execution

One player with lots of balls outside the 18. Player from the near post checks back at full speed to the 18. Pass is laid in at her feet. Player from the far post runs hard to prevent the player with the ball from turning and shooting.

### Coaching Points

- Have the defender come at full speed but play the shooter at 50% to start
- Make sure that the pass is at the feet of the shooter. As the defender becomes more active have the shooter indicate, by voice or action, where they want the pass to be played so that they can turn
- One touch in the box. Get the shot off
- Have players switch lines after the shot.