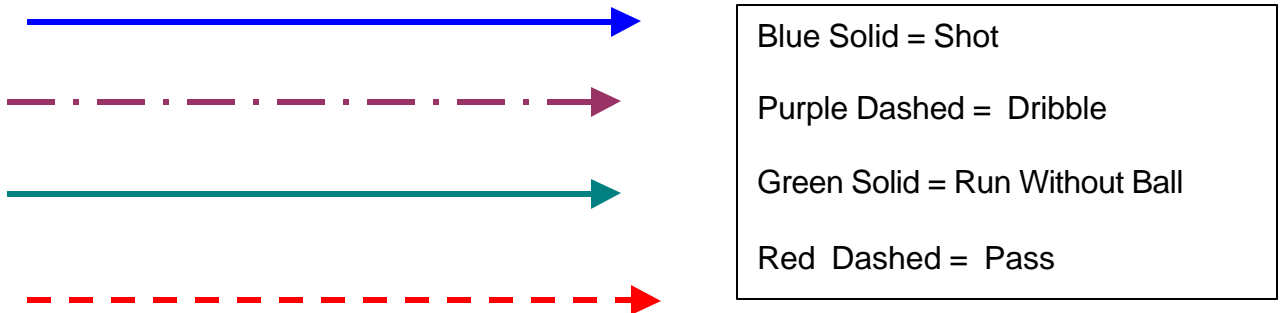


Basic Pass/Receive Pattern #4 – Checking and Laying Off

This is a simple pattern that combines asking for and checking to the ball and then laying it off to a third player. This type of pattern can be used to build up from the back or to set up an on-coming midfielder for a shot in the offensive third.

This pattern works best in a “line”. Now I know we have eschewed the word “line” in the past..but this type of “line drill” involves very little “standing around”. In fact you have three players moving with out the ball in this drill. And the small amount of “down time” is required in any anaerobic activity for recovery.

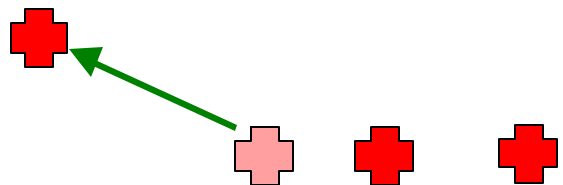
The following convention is made.



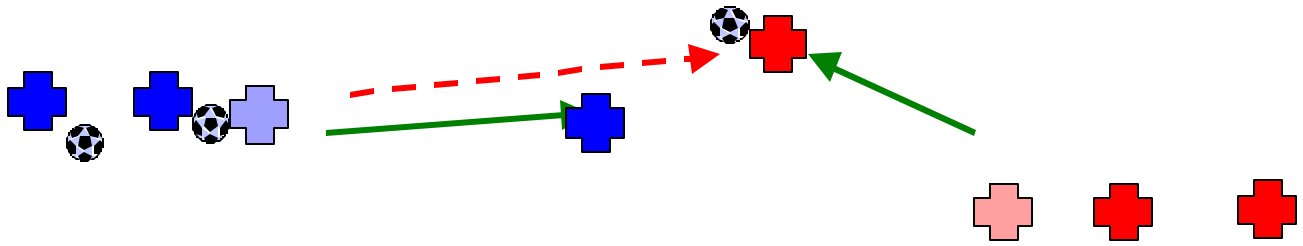
Set Up and Execution



Three players on one side each with a ball. The first player in the line without the ball, requests the first pass by making a short diagonal run.

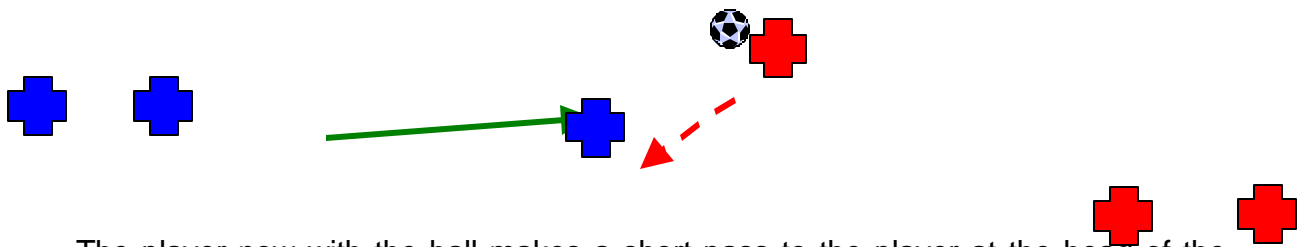


The first player with the ball makes the pass and then checks to the ball.

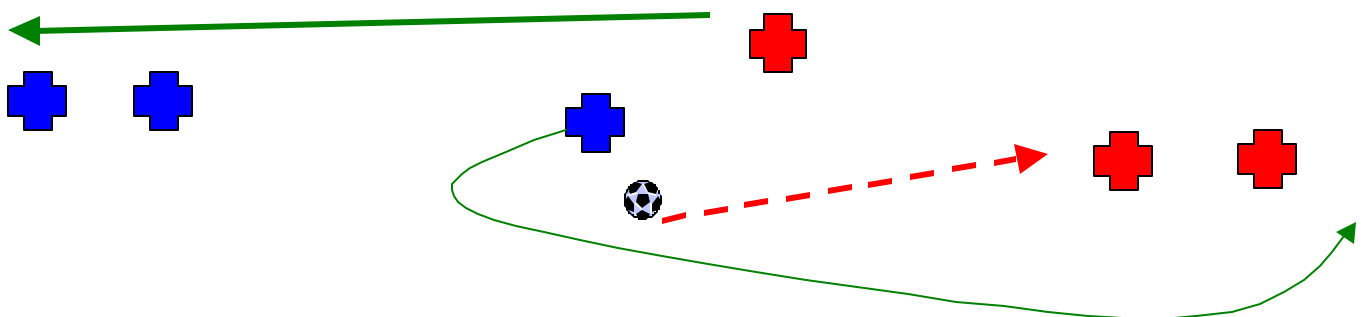


The player now with the ball makes a one-touch (skill level appropriate) pass back to the checking player. This pass ideally would be an outside of the foot flick

Make sure that you maintain proper distancing between the players. Distance relies on skill level obviously but you don't want 30 yard one-touches or 3 yard one-touches.



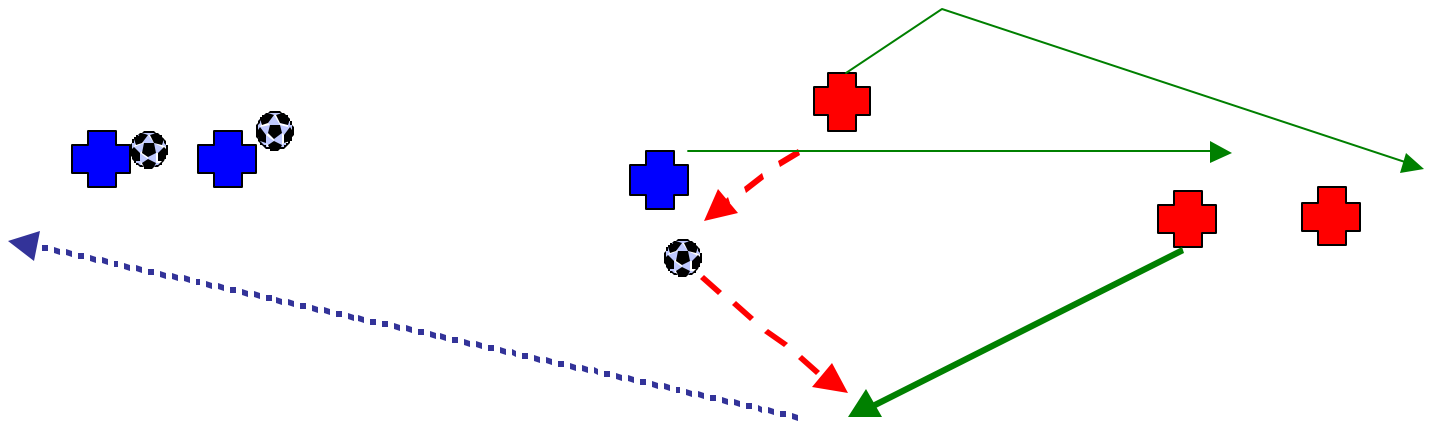
The player now with the ball makes a short pass to the player at the head of the line she is facing and the sequence restarts in the opposite direction



Progression #1

Start off as before but end the exercise with an off-the-ball run as shown

The third player now makes the off the ball run to receive the pass



The player ends with the players assuming the positions shown. Player with the ball dribbles to the ball line. First two players go to the non-ball line and we start again.

Coaching Points

- One touch passes for the two quick middle of the field passes
- Emphasize the request for the ball by making sure that the passer and receiver make eye contact and the request is the start of the run.
- The check run is timed so that the receiver of the pass can see the run before the ball gets there in order to prepare to play to the checker.
- At the time of the pass to the checker, the checker must stop the run into a balanced stance in order to react to the next pass. A ball that is just wide may not be controlled by the checker if running at the time of the pass.

The forward run towards the checker is a fundamental option on a pass forward. Deep players should be taught to follow this type of pass to put numbers into the attack.

Laying off the ball is a very short pass. The outside of the foot flick is useful for a short pass to someone running on because of there is often very little weight on the pass. This allows the runner to receive a ball played into space that is barely moving.