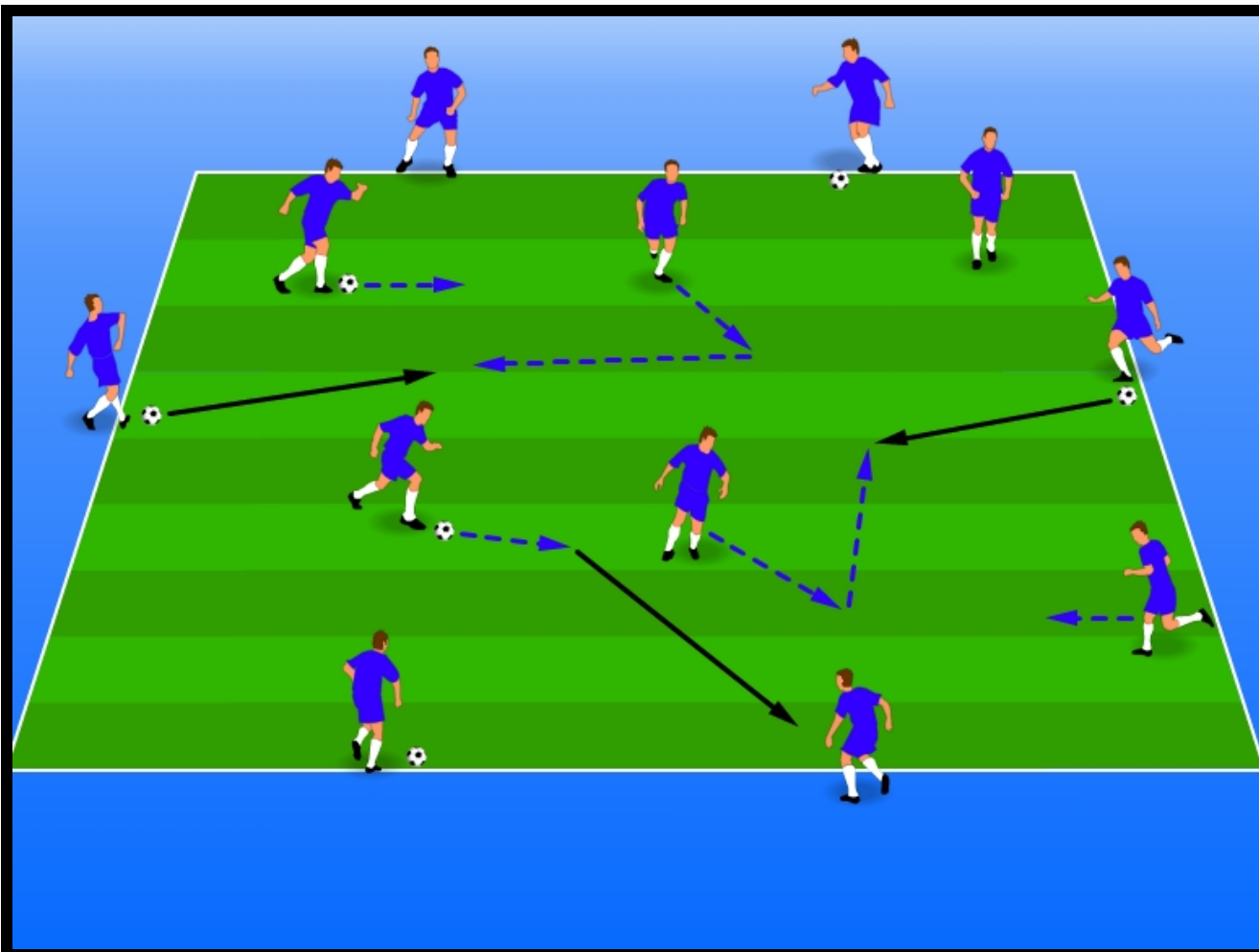


Checking Runs

Fundamental

Passing Patterns



Set Up: There are 12-20 players set up on a large grid, with half of the group on the inside of the grid and half of the group on the outside.

Procedure: Each player on the outside starts with a ball, serving it to the players on the inside. The players inside the grid make checking runs away from the ball, and then check back in order to receive. After receiving, the players turn away from the passer, play the ball back out to an open player, and then look to receive another pass. After one minute, the players switch positions.

Teaching Topics:

- 1 Ball control.
- 2 Speed of play.
- 3 Decision making.

Progressions:

- 1 Air ball service.
- 2 Play hard ground balls to feet.

Coaching Points:

- 1 Direct the first touch away from traffic (or away from an imaginary defender).
- 2 Control and pass the ball back out with as few touches as possible.
- 3 Choose the ball control technique as early as possible (the turning and dribbling move).