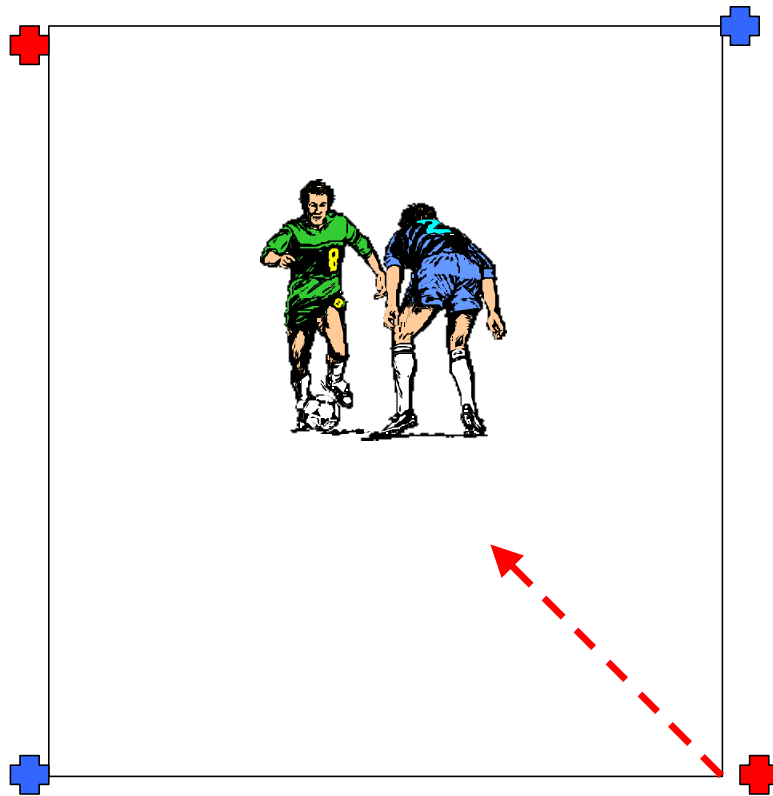


Field #4 1 v 1 Check Back and Switch Point of Attack



Organization

1. Ball starts in a corner.
2. Player checks to the ball, receives and turns
3. Player takes on the defender 1 v 1
4. If ball goes out of bounds re-start with the check back
5. Object is to get the ball downfield to the player in the opposite corner.
6. Play 1 minute timed games and score a point for each transition.
7. Winner always keeps the ball

Coaching Points for the Attacker

1. Encourage the use of footwork moves or body swerves to unbalance the defender
2. Get low
3. Exploit space (approximately 1 foot) the moment it becomes available
4. **Do Not** let the defender put you in a shield position
5. The moment you pass to a neutral, **EXPLODE** into space

Coaching Points for the Defender

1. Put one foot (the “poker”) ahead of the other (support or tackling foot)
2. Get Low
3. **Be Patient.** Do not dive in.
4. Close the space down
5. Channel the dribbler to predict ball direction
6. Tackle hard the moment the ball is available

Coaching Points for Both Field Players

1. The moment the ball is won - Immediately attack
2. The moment the ball is lost – Win it back

Coaching Points for Neutral Players

1. Position yourself off the ball so that the player in possession can get the ball to you
2. In other words, move into a passing lane (Show Yourself)