




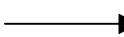
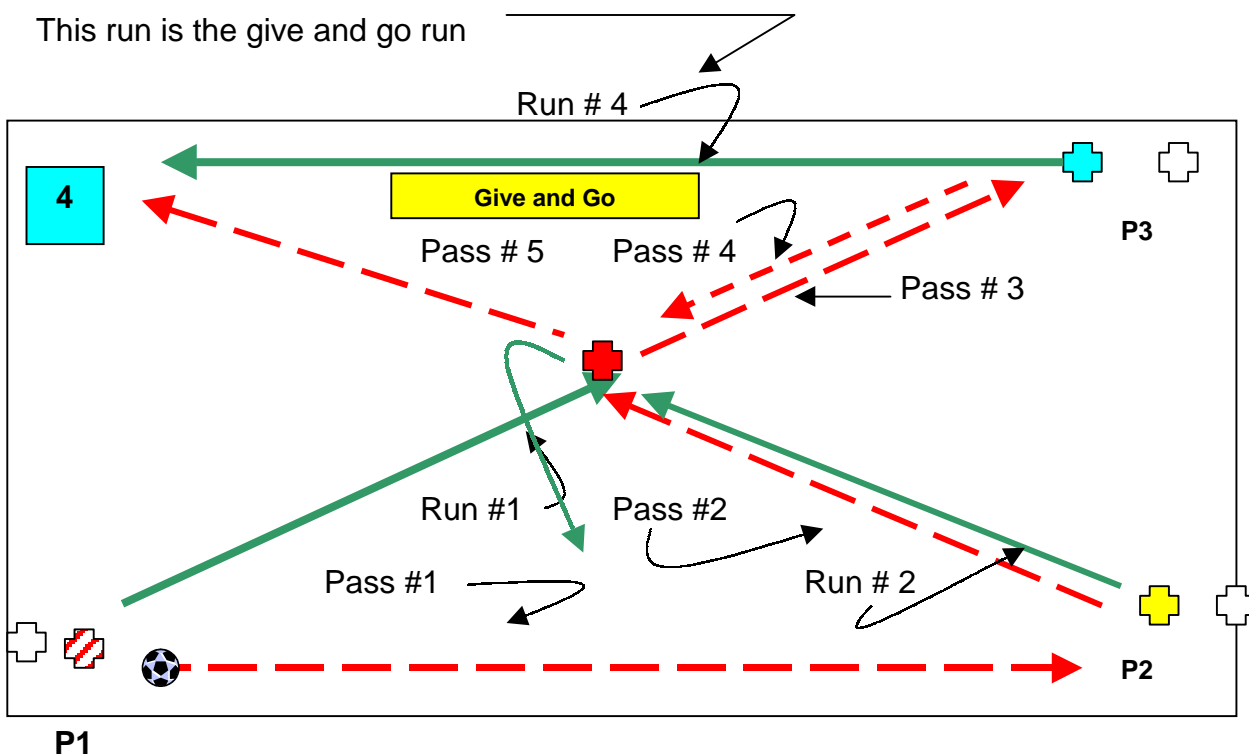


Progression #2 – Quad Tris with a Give and Go

The following is a progression of the Quad-Tris suggested Watt Keller, a coaching colleague from the great state of Georgia. Basically what we have done with this progression is remove one player and added in a give and go sequence.

The key to the exercises is shown below:

-  Player either stationary or in a position **after** a run
-  Player's starting position. This indicates that a player has moved from this position in the direction of the arrow
-  Player running without the ball
-  Movement of the ball
-   The ball and where it is going



The sequence is as follows:

1. Pass # 1 is a long pass. Player number one runs to open space, again, in the center of the grid.
2. Player # 2 passes to player number 1 and **follows his pass** to the center.

3. Player #1 passes to player 3 and spins away to Player #2's original position. Player #1 and Player #2 have to be heads up or they'll collide.
4. Player #2 is now in the middle of the field and is the "wall" for the give and go.
5. Player #3 passes to player #2 and makes the long give and go run. He receives the ball at Position marked 4 on the grid.
6. Player #2 checks to players 3's starting position.

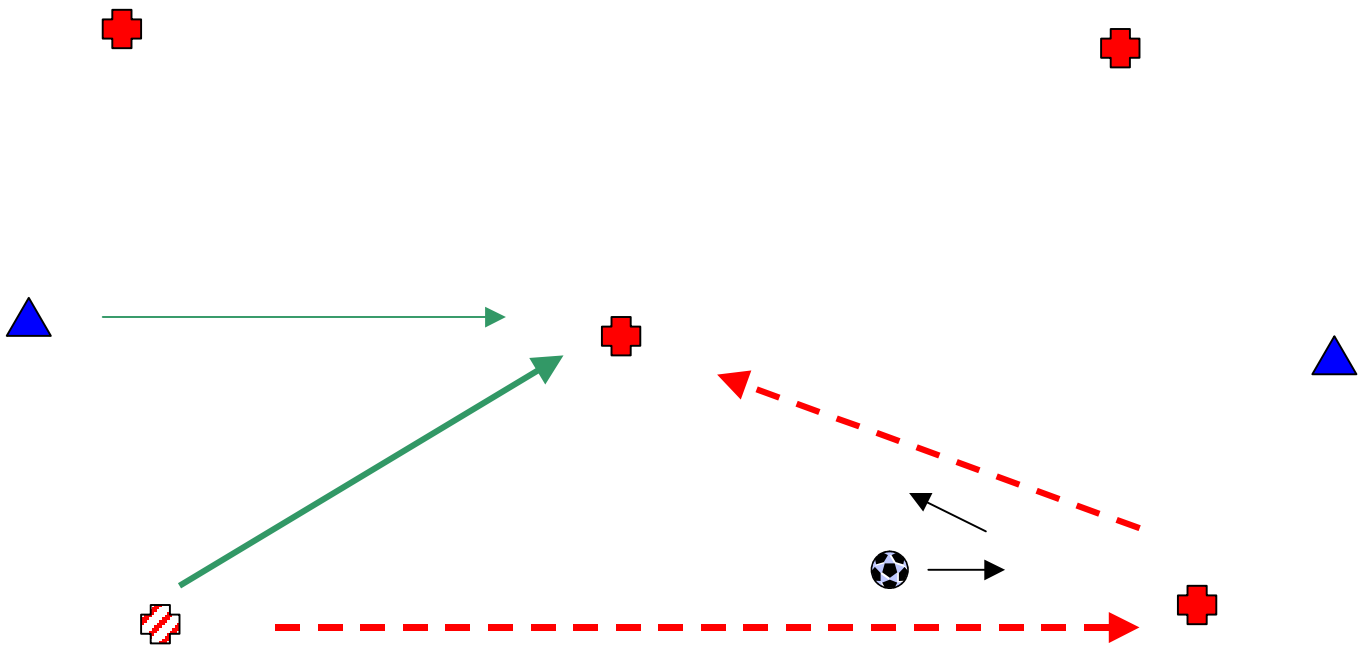
You can now either have Player #3 with the ball dribble to the original starting position (recommended to start) and then re-start the sequence

Or

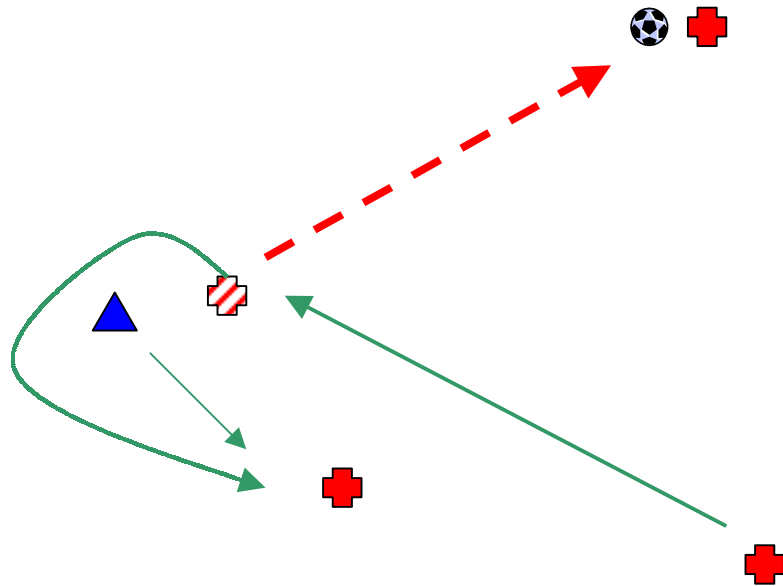
You could re-start the sequence from position #4 and do it in reverse. The latter is harder of course because now the players have to re-think what they were originally doing.

Progression # 3 - Quad-Tris Give and Go – Add the Defender

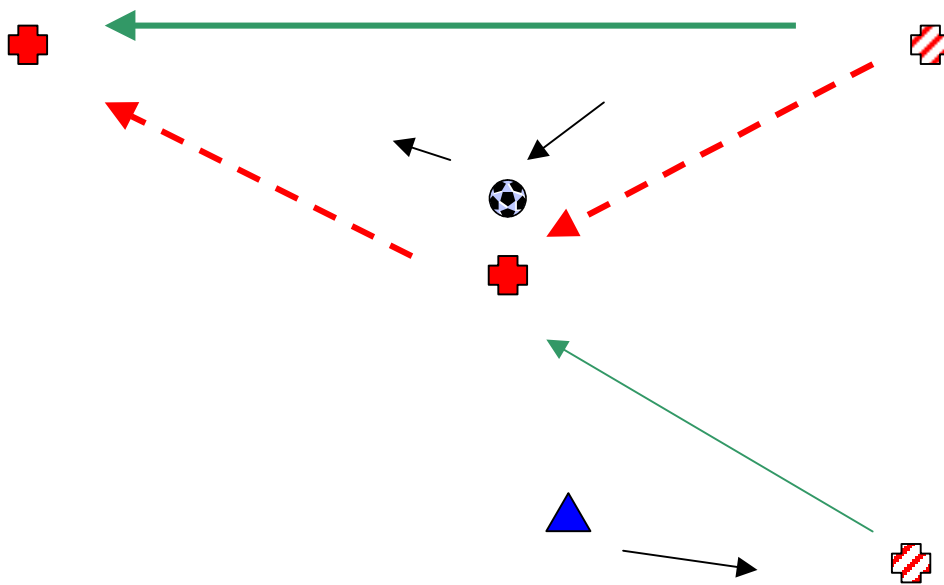
As before add defenders in the middle of the short side of the field. Play the ball in the same starting sequence, long, then diagonally back to the checking player



Now the ball is with the player in the center of the field and the defender is on her back providing pressure. When the checking player drops the ball off and spins away, the defender should follow illustrating how the middle of the field opens up again for the next run off the ball.



The ball is then played back to the player making the run to the center. The player making the pass also takes off, again running off the ball, for a give and go.



Quad Tris Give and Go Alternative

An alternative give and go would add a fourth player as shown:

