



6. Player #2 goes to the start position, Player #3 goes to Player #2's spot and player #1 goes to Player # 3's spot.
7. Re-Start the sequence.

### Coaching Points

- If you have progressed to this point in your practice it is time to start stressing one touch passes out of the middle.
- The midfielders should still be able to two-touch. Stress this so that they take that extra second to look up and put the ball where the checking forward needs it to go. In the above diagram that would be across his body so that his left foot takes the ball and re-directs it.
- Do not let the checking forward try to chop the ball right-footed across his body on the fly. Passing accuracy is a must.
- Run this drill full speed on the check back. This forward is creating negative space for himself so that he has the time to make his pass
- Stress the misdirection of the run by the checking forward to gain that extra step to beat a defender

The key to the exercises is shown below:



Player either stationary or in a position **after** a run



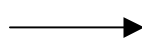
Player's starting position. This indicates that a player has moved from this position in the direction of the arrow



Player running without the ball



Movement of the ball



The ball and where it is going