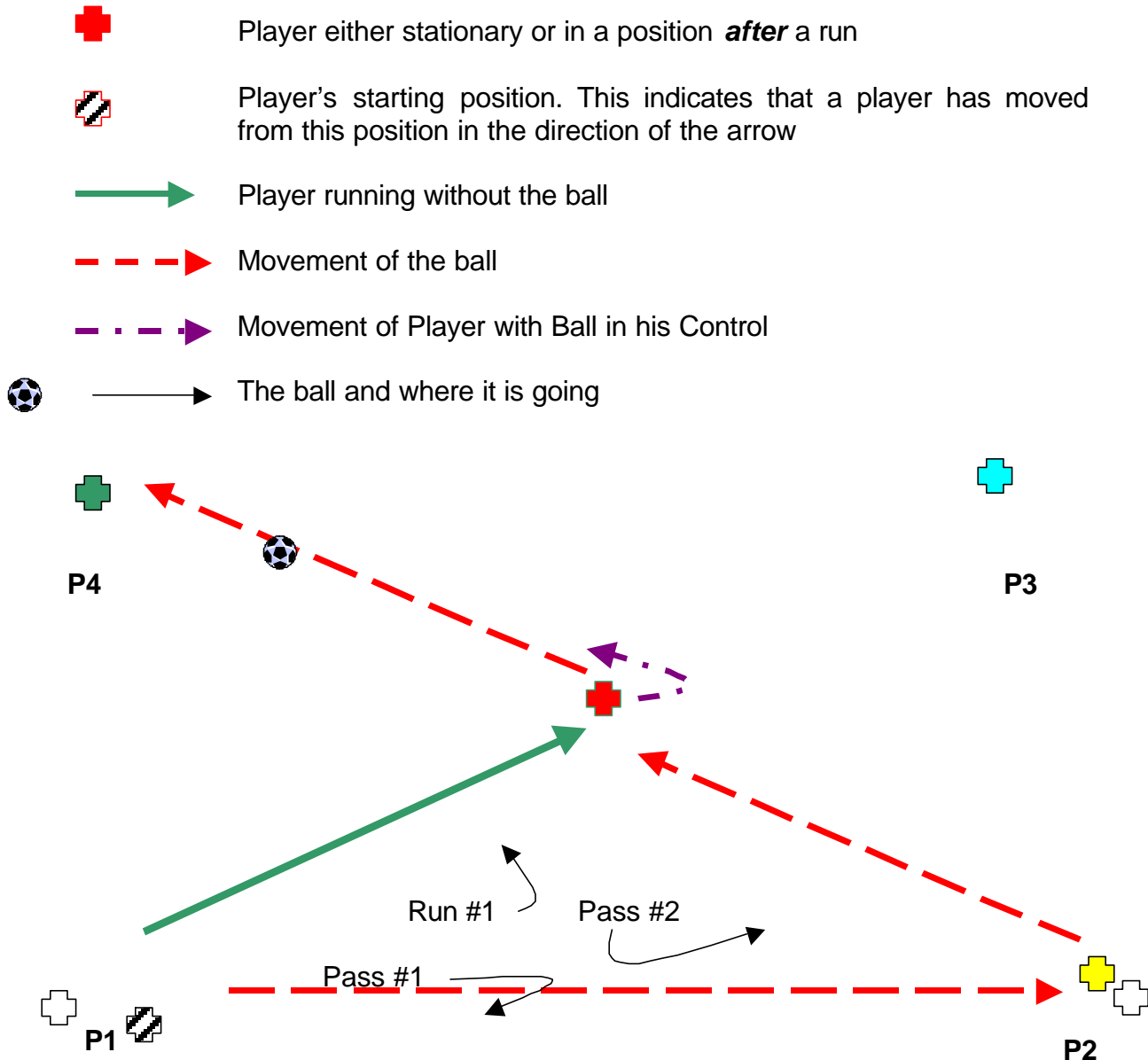


Progression # 6 - Quad-Tris - Turn

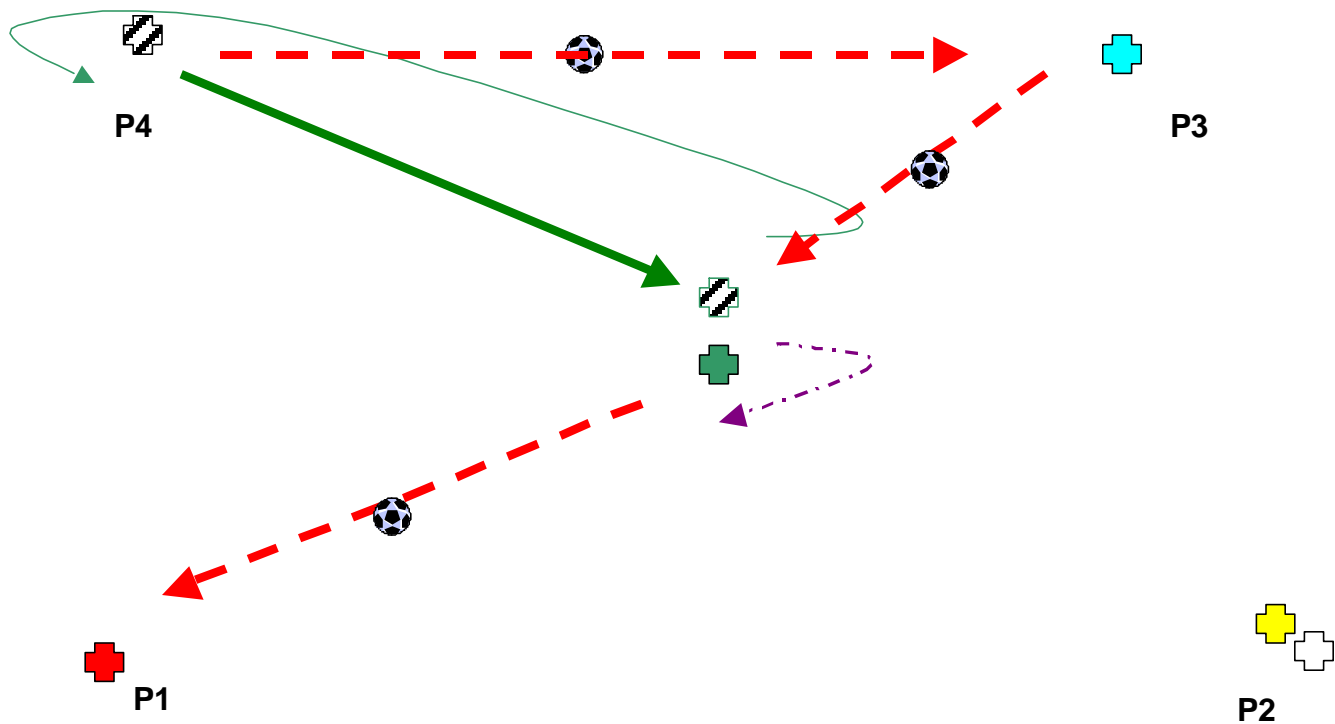
The following is a progression of the Quad-Tris where we instituted a turn of the ball

As before, the key to the exercises is shown below:



The sequence is as follows:

1. Pass # 1 is a long pass to player #2. Player number one runs to open space, again, in the center of the grid. This is your forward checking back to the midfield.
2. Player # 2 returns the pass to player # 1.
3. Player # 1 then turns, initially under no pressure, and plays the ball to Player #4



4. Player #4 restarts the sequence by making the long pass above to Player #3.
5. Player #4 then checks to the middle and receives the ball back.
6. Player #4 then turns the ball and passes to Player #1 who re-starts the initial sequence

Coaching Points

- Play this initially under no pressure on the person turning the ball. it is time to start stressing one touch passes out of the middle.
- Gradually add pressure to the person turning the ball
- As with all other Quad Tris, do not let the checking forward try to chop the ball 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

Switch players positions as needed so that everyone plays the checker, the passer, etc.