

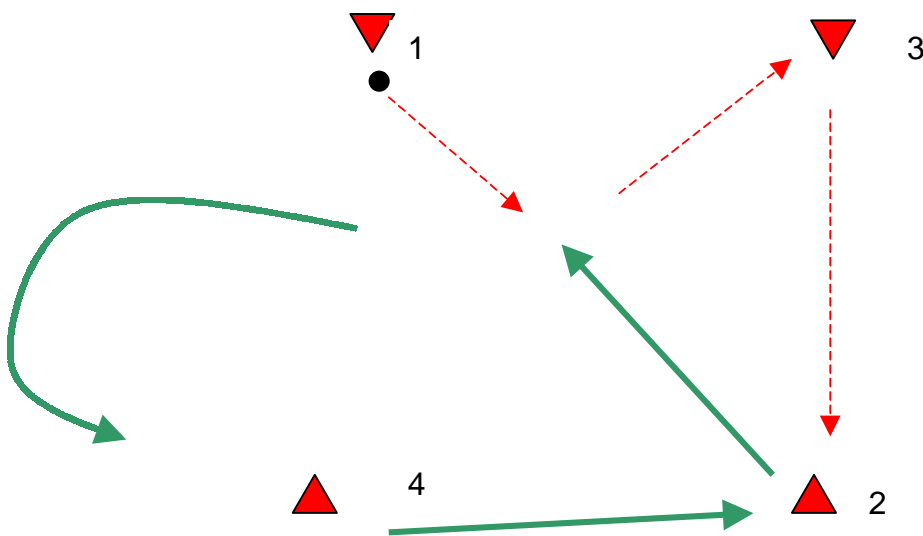
L Shape Passing Pattern

This is a passing pattern suggested by Gary Rue, a high school coach from Kentucky . It is what is sometimes referred to as a Quad-Tri, a four man passing patten with three passes in the sequence.

The **L** movement by strikers (forward players) is one of the basic patterns you will see in a two-man front. As one striker checks to the ball, the other striker diagonals into the space vacated by the checking striker. The name of the movement obviously comes from the L-like shape. The following passing pattern can help to train this movement.

Set Up and Execution

Start with 4 players in a rectangular grid of 12x20 (increase to 15x30 for longer



passing). The players are numbered 1,2,3,4 as shown. The ball starts with player #1. Player #2, opposite the ball as shown , checks to the middle and receives the pass from player #1. Note this is the checking striker.

Player #2 drops the ball to player #3 (on the same endline with #1) and player #2 spins away from his pass. Player #4 (who started on the same endline as player 2) runs into the space created by player #2 when he checked and receives a long pass from player #3.

The sequence is re-started with player #1 (who is now opposite the ball) checking into the center for a pass from player #4. Player # 1 plays the ball to player #2 who diagonals the ball to players #3 who has moved to the area vacated by a checking player #1.

Coaching Points

- checks to the center should be timely (e.g., as the ball is traveling from 3 to 4 in the top diagram, 1 should be showing for the next pass.
- the diagonal run should be timely (e.g., 4 does not want to start his run too soon and arrive at the receiving point early
- the checking player needs to spin AWAY from his drop pass immediately after making it; he needs to clear area for the next player to check into. This also helps to emphasize the drop and spin for through balls
- coach the checking player to look behind just prior to receiving the ball (establishes a good habit)
- be sure to emphasize the checking and diagonal runs made as forward movements

Progressions:

- switch directions (start the ball with player 3 in our example)
- one touch play
- increase the space for longer passes and runs;
- decrease the space for quicker ball movement
- ask the checker to check sideways on and play the drop with a front foot flick