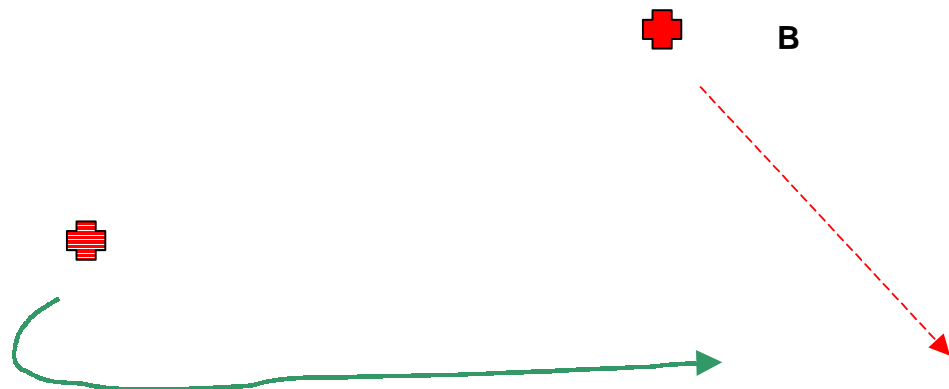
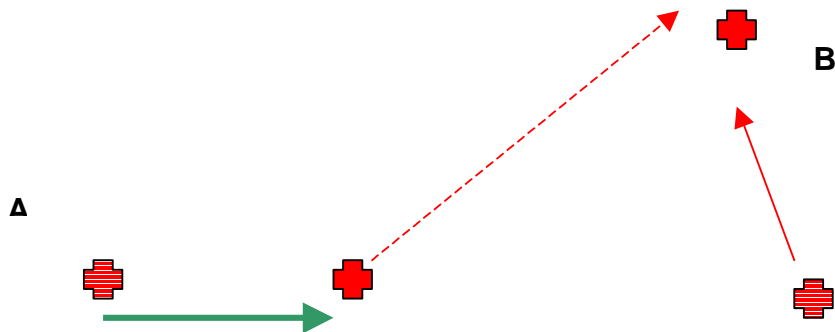
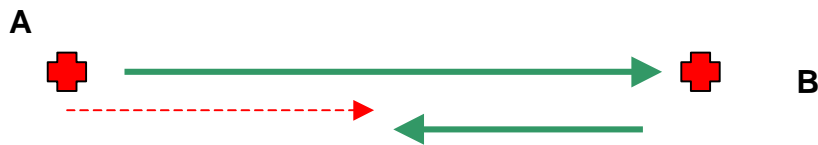


Check Back and Spin Away

Some teams have a problem getting their forward players to come back for the ball (check). However the teams that are able to get their forwards to check to the ball sometimes have the opposite problem -- getting the forwards back into a forward position. The check and spin is a good technique to get your forward players to use, to put themselves back into a forward position after they have checked to the ball.

Initially, warm-up the players in pairs. One player (A) passes a 20-25 yard ball to his teammate (B) and following his pass, checks to the ball. Player B plays to A and moves off to the side for an angled return pass. A "drops" the ball back to B and spins AWAY from his pass--that is, if A passes to his left, then he spins to his right. B plays a through ball into B's forward run.

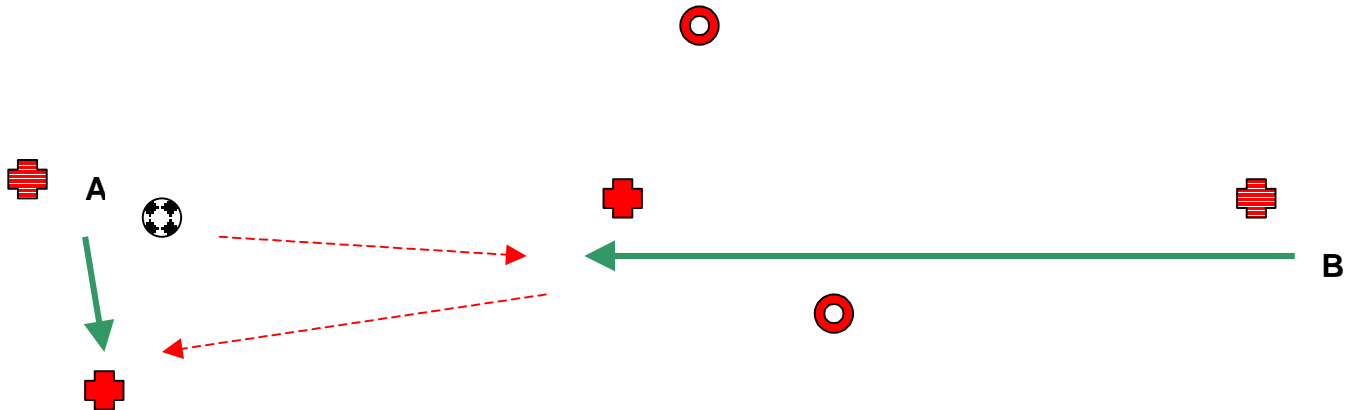


Coaching points have to be established in the warm-up.

- The check run has to be quick and timed. Just before the player receives the ball, the checker needs to establish his presence by showing with a burst of speed.
- The checker needs to delay his run if the receiver is going to have problems getting to or controlling the ball.
- The ball touches between players need to be one touch or a quick two touch.
- The spin needs to be away from the pass and it should be wide enough to present a good passing angle.
- The drop man needs to help create this angle by moving off to the side.



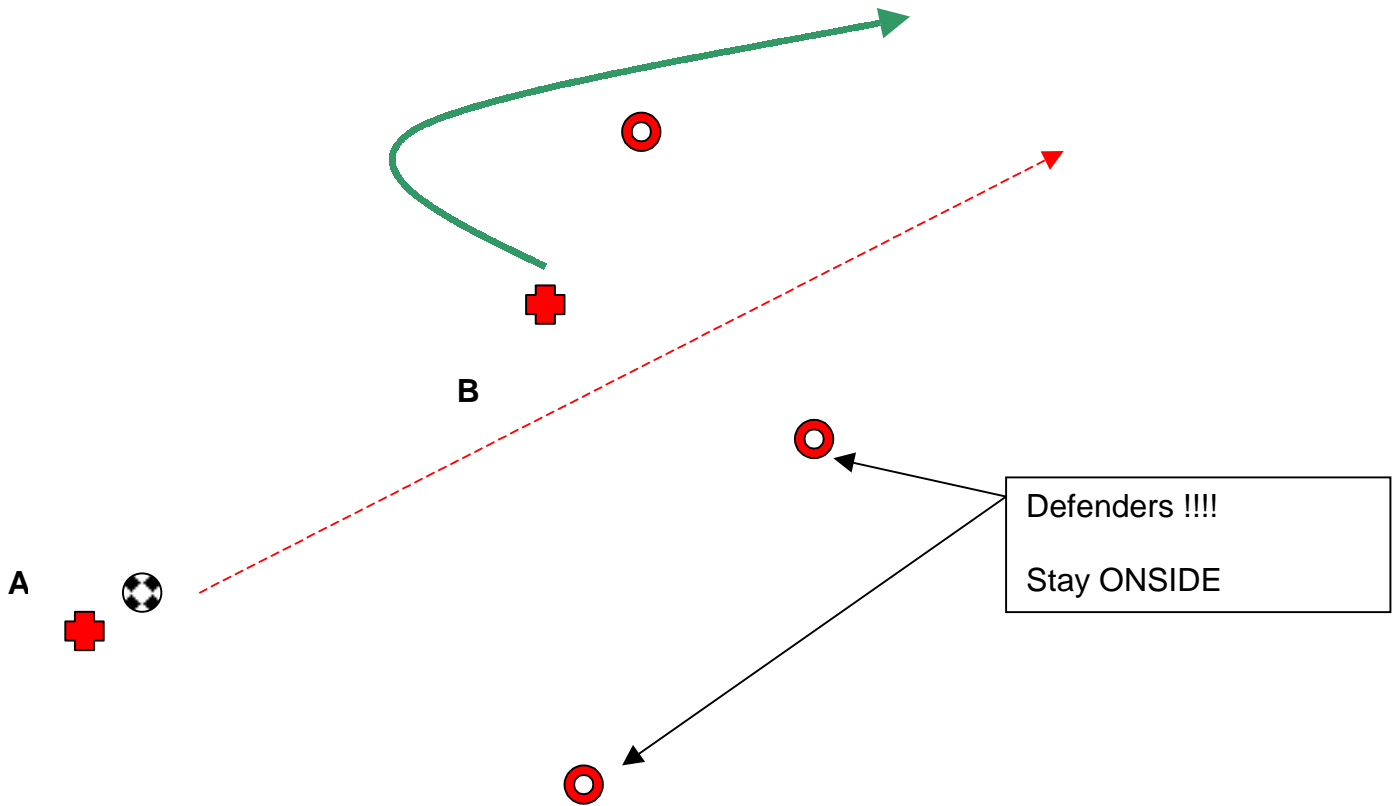
Now we are ready for the main exercise. With 2-3 players at each end of a 20-25 yard area, place three objects (e.g., large highway cones) about 5 yards apart at the halfway mark.



In the example above, B will check between the cones to A and receive a pass and then drop it back to A who has moved slightly to the side to give an angle to the drop pass.

After the drop, B will spin away as A passes between and behind the cones to B running on. This is shown below. It is important that B checks past the cones before A passes and that B is not behind the cones before A plays his through ball pass.

The established scenario is that of a player moving back to get on-side. This is the reason A needs to hold up his pass until B is past the cones checking back. The next section of the scenario is staying on side until the pass is made by timing his run accordingly. This is also makes great visual example in which to demonstrate and explain the offside law .



The exercise can be progressed (or initially setup) with a goal behind the B players, where the through ball ends with a shot on goal.

The exercise can be varied by adding an extra cone, increasing the distance between the cones or between players, etc.