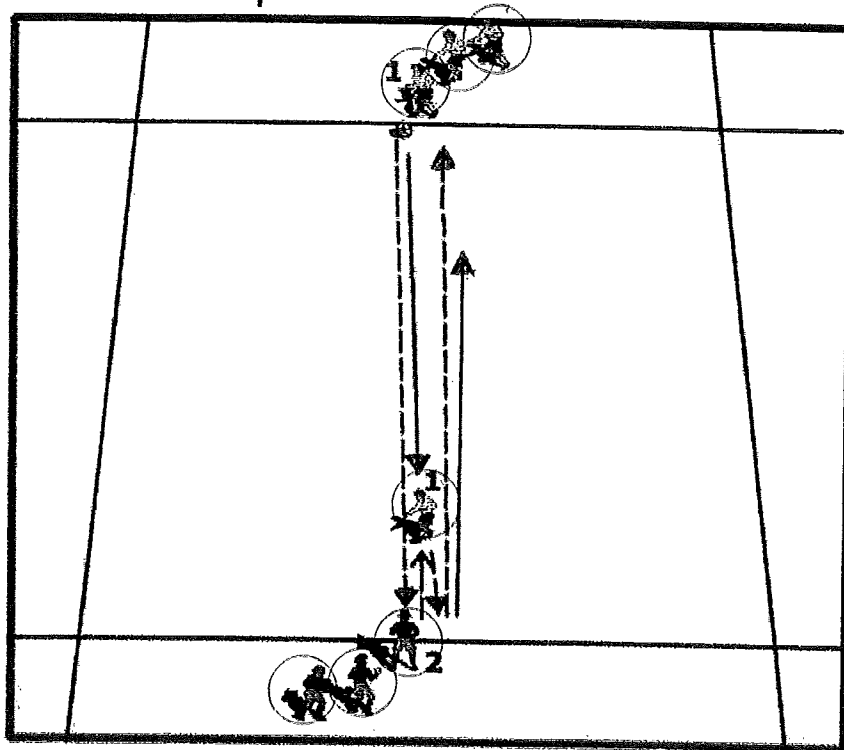


## Set-Up Pass



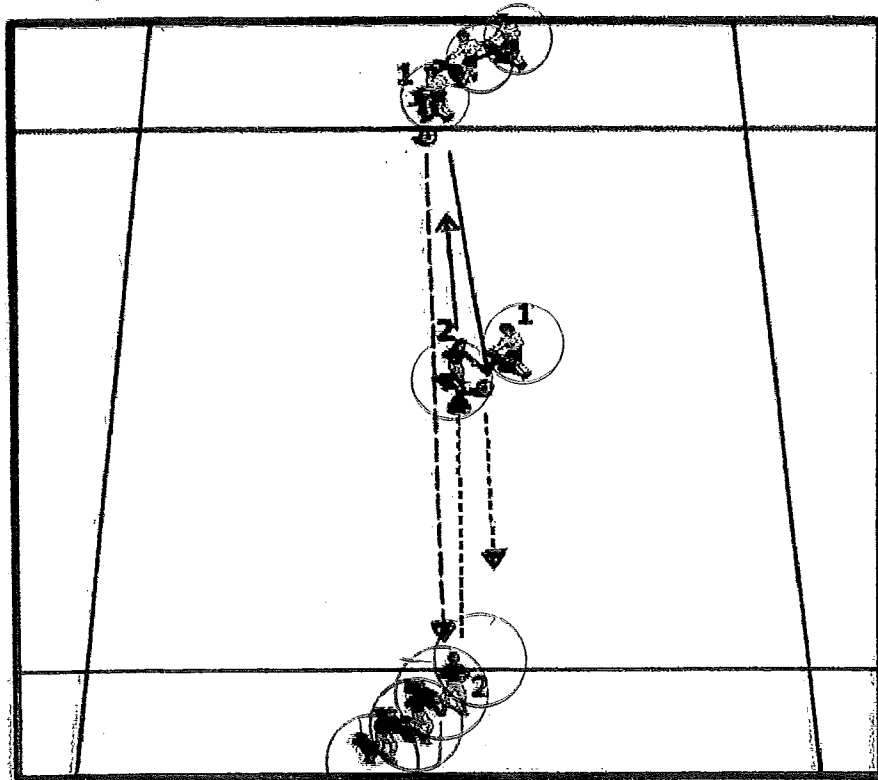
15 x 30 Yard

### Coaching Points

- X1 firm pass to feet of X2
- Message In Pass
- Eye Contact/Communication
- 1<sup>st</sup> Touch
- Check shoulders
- Setup to Feet

Progression - Takeovers

## Takeover



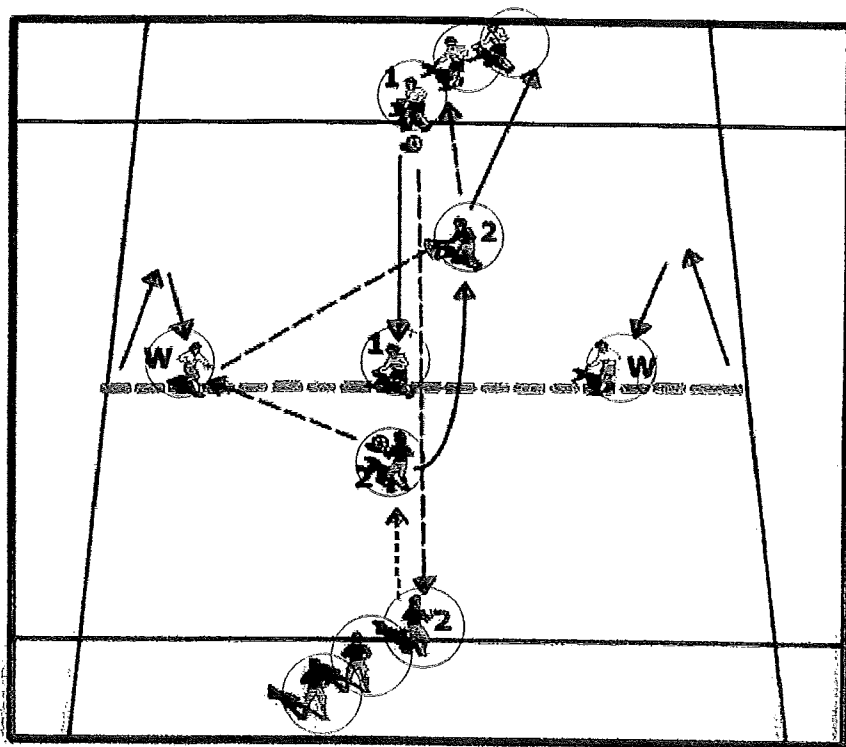
15 x 30 Yard

### Coaching Points

- X1 firm pass to feet of X2
- X1 delays run on X2's control
- X1 times run at X2
- X1 takes ball & explodes out
- X2 attacks the ball
- X2 1<sup>st</sup> Touch out of feet
- X2 runs at X1
- X2 leaves ball (outside of front foot or inside of back foot)
- X2 explodes out

Progression ● Wall Pass

## Wall-Pass

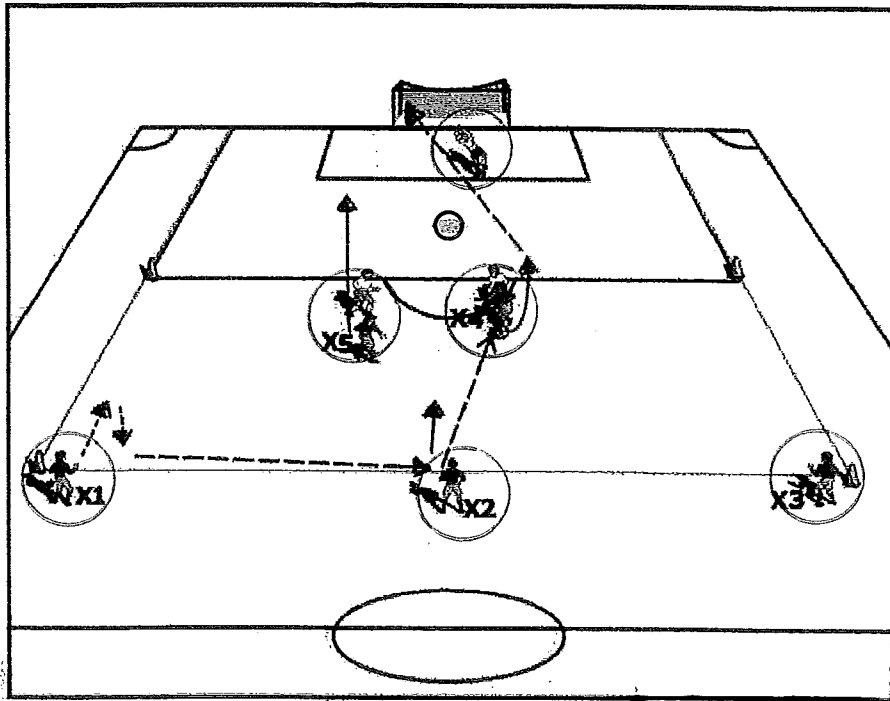


- X2 attacks the ball
- X2 1<sup>st</sup> touch out of feet
- X2 commits defender
- X2 timing & distance of release (3 yards)
- X2 layoff to Wall (Disguise)
- X2 changes pace past defender
- Movement off the ball of W
- W's angle & distance of support
- W's body position to receive
- Pace & accuracy of W's layoff

15 x 30 Yard

Progression ● Defender unrestricted

## Receiving Back Goal

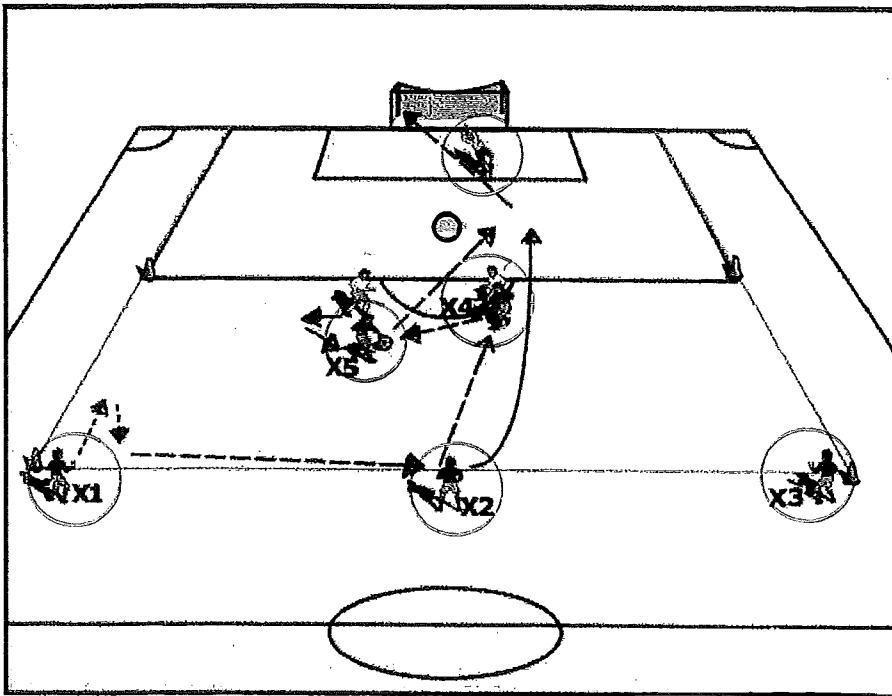


40x44 Yard

### Coaching Points

- Find/touch defender
- Message in pass
- Body position
- 1<sup>st</sup> touch past pressure
- Roll the defender
- Eyes on the ball to strike
- Accuracy

## Third Man Run



40x44 Yard

### Coaching Points

- X4 freeze defender
- Message in pass (X1/X2/X3)
- X4 body position
- Weight & angle of layoff
- Movement off the ball
- Timing / Angle of run
- Eyes on ball to strike
- Accuracy