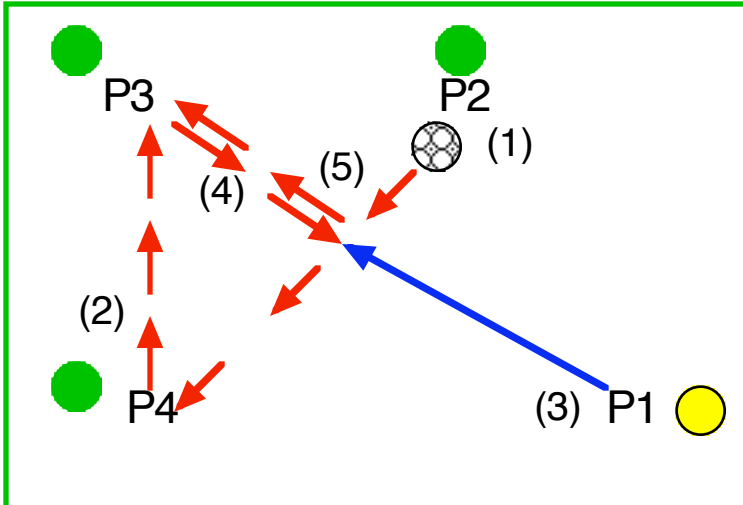


# TECHNICAL: Passing & Receiving

## "Check To/Finding The Pocket"

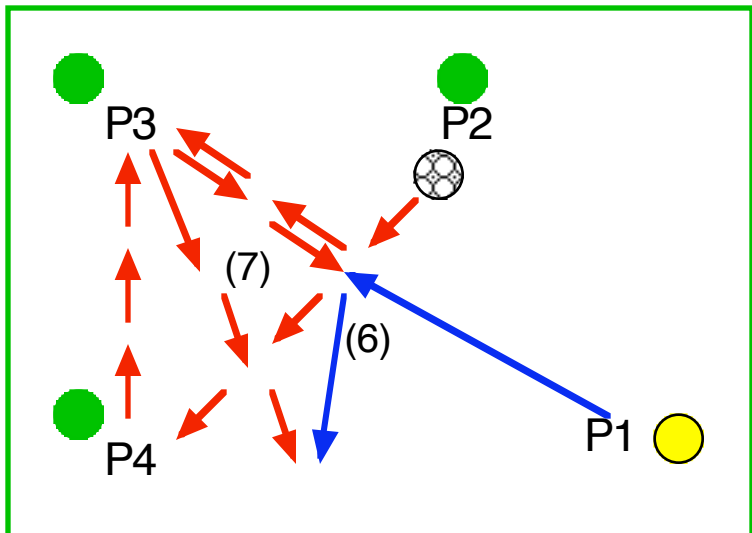


- Number of Players: 4  
 Grid: 4 cones, 3 in a triangle of about 8-10 yards, the fourth centered about 20 yards away
- (1) Player 2 passes to Player 4
  - (2) Player 4 1-touches to Player 3
  - (3) Player 1 "checks to" Player 3, "finding the pocket"
  - (4) Player 3 1-touches to Player 1
  - (5) Player 1 lays off ball back to P3

### PROGRESSION

>>>> The same sequence as above, (1) to (5), now progress to:

- (6) Player 1 turns and makes run away from Player 3 after laying off ball
- (7) Player 3 1-touches long ball onto Player 1's run



### PROGRESSION

- >>>> The same sequence as above, (1) to (6), now progress to:
- (7) Player 3 1-touches square pass to Player 2
  - (8) Player 2 1-touches long ball onto Player 1's run

**NOTE: for young players, use a 2-touch restriction**

