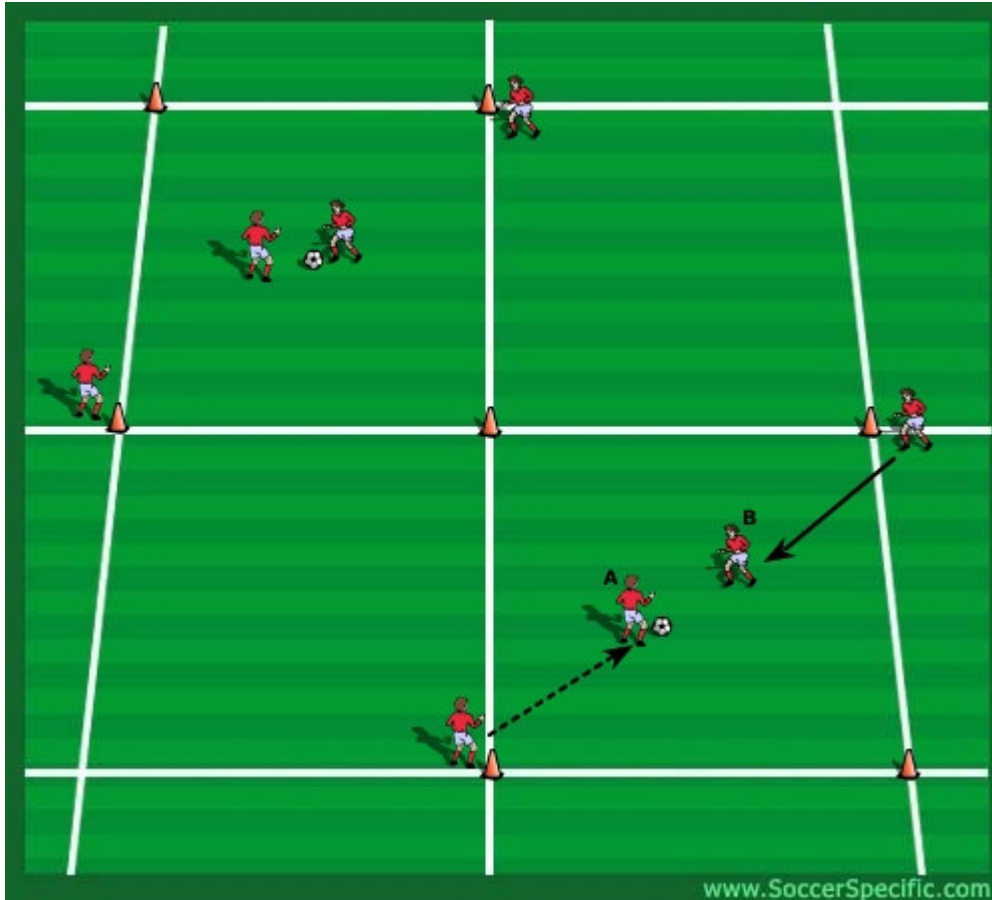


Basic Take-Over

Emphasis: To teach the basic mechanics of the take-over move.



Set-up:

10 x 10 yard grid.

Four players per grid with one ball.

Two players are positioned in opposite corners of grid as shown.

Objective:

Player (A) starts with the ball. Players (A) and (B) move towards each other to the center of the grid. At the halfway point the players perform a take-over move. After the take-over player (B) must quickly accelerate with the ball to the opposite corner of the grid. Player (B) gives the ball to the next player in line to repeat the sequence. The sequence is continuous for a designated period of time.

Progressions:

1. How many can each group perform in 30 seconds?

Coaching Points:

- Communication between players is vital.
- Right foot to right foot or left foot to left foot to avoid collisions.
- Accelerate into space after the take-over.