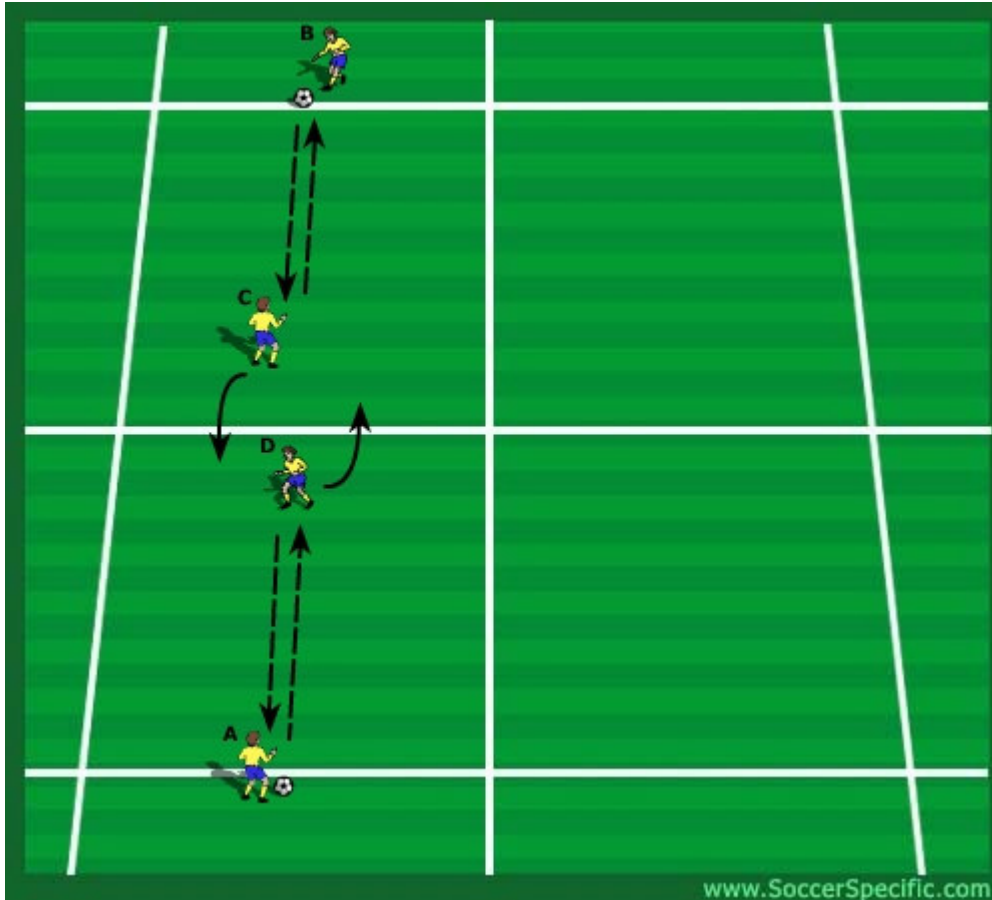


## Sharp Lay-Offs

**Emphasis:** Accuracy and weight of one-touch lay offs



### Set-up:

10 x 20 yard grid.  
Players work in groups of 4 with two balls. Players are arranged as shown. Two servers (A,B) are located at either end of the grid with one ball each. Players (C,D) begin the exercise in the center of the grid. Repeat setup to accommodate the entire team.

### Objective:

Servers (A) and (B) pass their ball to receivers (C) and (D) at the same time. (C) and (D) must move towards the balls and play a one-touch pass back to the server. After completing the pass (C) and (D) must quickly turn and repeat the sequence on the opposite side. Servers (A,B) must use a 2 touch maximum.

### Progressions:

1. Introduce a race format. The first group to complete a designated number of passes wins.

### Coaching Points:

- Players should change speeds to receive the ball – burst into the space.
- Accuracy and weight of the pass are equally important.
- Strike through the middle of the ball with the inside of the foot.
- Players must stay light on their feet in anticipation of receiving the next pass.