

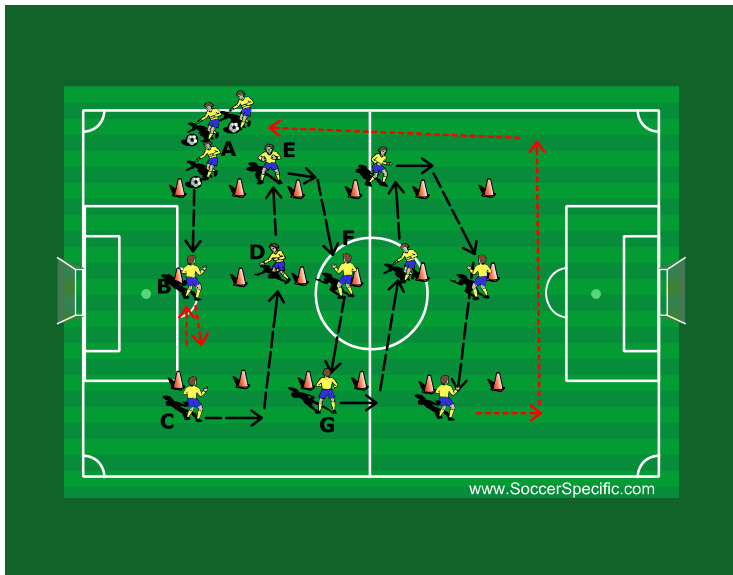
### ACTIVITY #1

**Set up:** Channels set up 8 yds in width and 30 yds in length. 3 players in each channel with 1 soccer ball.

**Instructions:** Player A has a touch which is the command to player B to check away, as he checks away player A gets his head up and makes eye contact with player B who is now moving back towards the centre cones at an angle. Player B receives the pass, turns and plays to player C. Again as player B receives the pass, player C checks away and receives the pass. This continues with the main focus being on the centre player receiving and turning.

**Coaching Points:** Check away on player's touch  
Check shoulder as you return to receive the ball  
Accuracy of pass (Played to back foot)  
Body behind the ball (body must be open)  
Attack the ball

1st touch must be in the direction that you want to play  
Snap head up.



### ACTIVITY #2

**Set up:** Channels set up 8 yds in width and 30 yds in length.

**Instructions:** Player A has a touch which is the command to player B to check away, as he checks away player A gets his head up and makes eye contact with player B who is now moving back towards the centre cones at an angle. Player B receives the pass, turns and plays to player C. Again as player B receives the pass, player C checks away and receives the pass, moving the ball across the channel. As player C receives the ball, player D checks away, once D has a touch, E checks away and this continues all the way to the final player who receives the pass and dribbles back to the start.

**Coaching Points:** Check away on player's touch  
Accuracy of pass (Played to back foot)  
Body behind the ball (body must be open)  
Attack the ball

1st touch must be in the direction that you want to play  
Snap head up.