

Check Back, Turn and Pass

As we saw in the first part of this section, one option after receiving the ball is to lay it off as a pass. We take this a step further here by adding the turn after receipt and then laying the ball off with a pass. This can be done in numerous ways. The person receiving the ball can lay it off as a **give and go**. She can give it to the original passer as an **overlap**. You can add a third player who is a target player that can then combine with the others playing the game with one-two combinations. There are a myriad of choices. Lets examine a few.

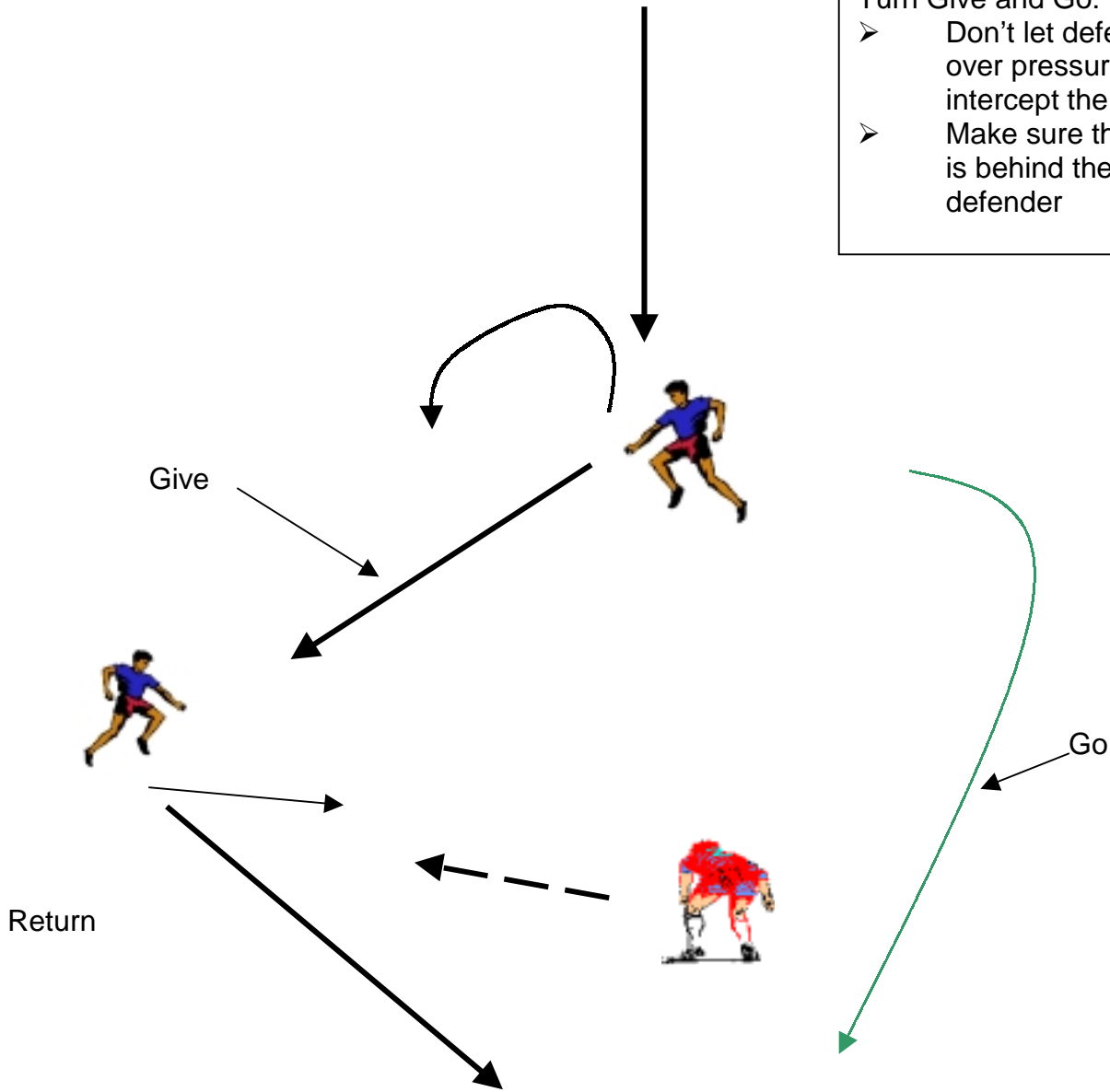
Turn – Give and Go

Station a third player beyond the target player receiving the pass. The receiver must turn the ball, immediately locate the third player, pass the ball and spring to space to receive the ball back.

This drill is initially done under no pressure. Then, like the previous drill, you add a defender and then gradually increase the defender's pressure until they are playing under match conditions



Turn Give and Go:
➤ Don't let defender over pressure and intercept the pass
➤ Make sure the go run is behind the defender



When playing at full speed you must give the receiver (target player) multiple options otherwise the defender always knows which way they are going to turn. The two obvious options are that the target player can turn and drive, thereby making the defender play this option, or turn and pass. You can set up another

option by providing the target player with a second support player to complete the triangle.