

Movement off the Ball - The Quad Tris (1/4)

by George M. Lasher

This is a series of exercises based on a drill I have seen Ron Alber (Intense Soccer Academy) do with my daughter's U11 team last year. It involves a lot of movement off the ball and is a good aerobic conditioning drill.

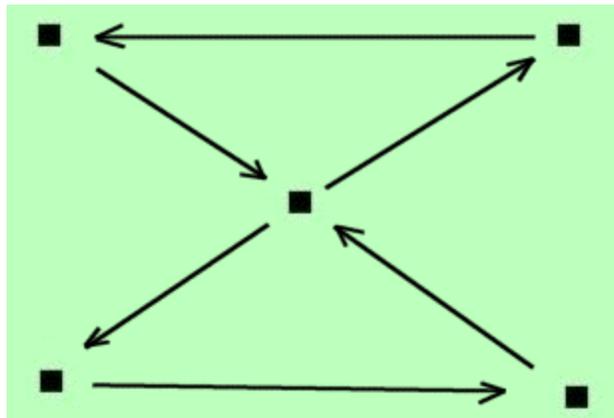
In addition it emphasizes the critical ability of being able to come back at the ball, control a pass, and switch the field.

It is called the Quad Tri because when you look at the finished diagram you will see four (4) (Quad) triangles (Tri)

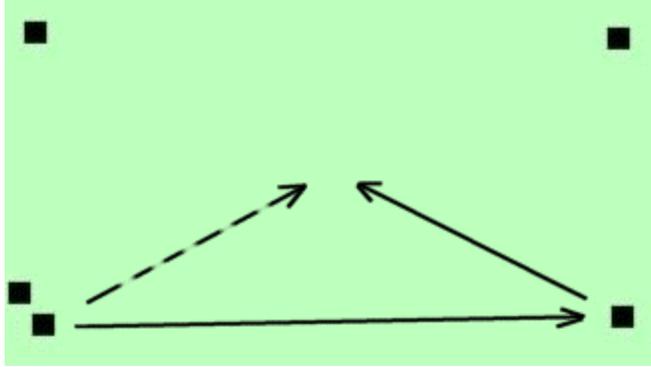
Set Up and Execution

Set up a rectangular field, 20 x 15 yards (larger or smaller dependent on the age and skill level of your team). This exercise can be done effectively with children as young as 9 years old. Initially play with a single ball and no defenders.

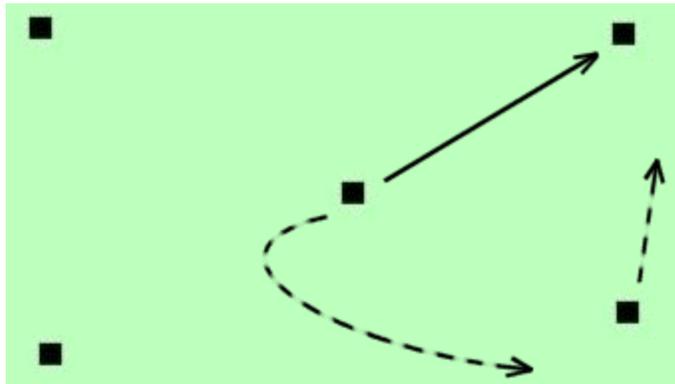
Initially, for the younger players, start the drill off statically, that is, with no movement of the players. This will illustrate the movement of the ball and the concept of the 4 triangles. You need 5 players to illustrate, one at each corner and one in the middle. This player plays both ways, facing where the ball is coming from, switching the attack, then turning around and doing it again.



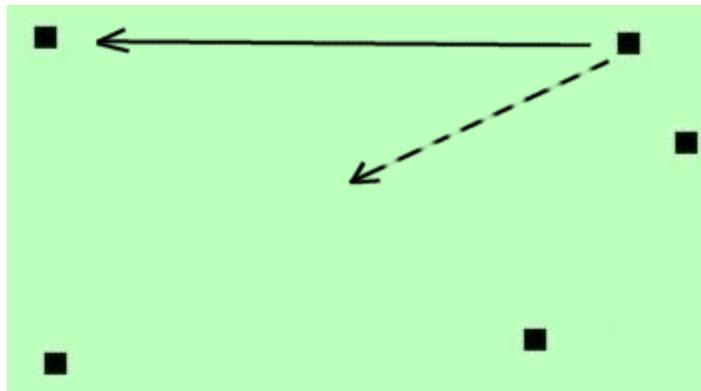
Now we're ready to put in player movement . The first pass is down the long side of the field. Explain to your team that the first man passing the ball is a forward playing the ball the way she is facing back to a defender (or Mid). The forward then checks back on a slant and receives a pass back from the midfielder.



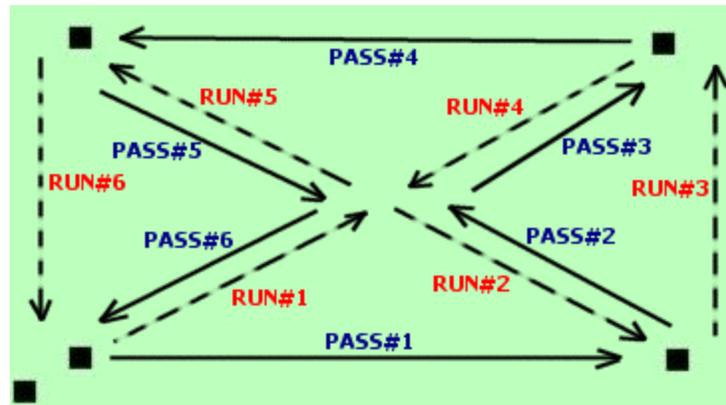
The forward then quickly switches the point of attack by playing the ball on a slant to a second defender. The player who has checked spins away from the pass and joins the line as shown.



That second defender then hits the target player downfield, checks to the middle and re-starts the sequence in the opposite direction.



The sequence is shown below in its entirety

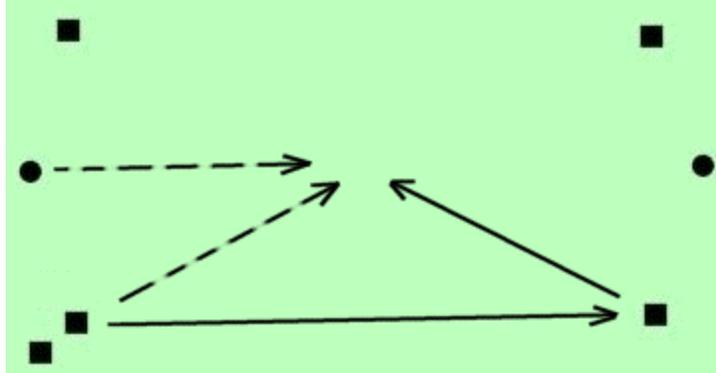


Coaching Points

- ?? Heads up at all times. Know where you are going with the ball and where you are running in advance.
- ?? Take ball open to the field at all times
- ?? Prepare the ball for the next pass by playing outside of your footprints.
- ?? Stress technical excellence, especially on the long passes since there is no pressure.
- ?? Work this drill with at least 8 players so that there is always someone at each corner
- ?? Work for 10 minutes at high intensity for good anaerobic/aerobic conditioning mix.
- ?? Can make this more complicated by adding a second ball at the diagonally opposite corner

Progression # 1 - Adding a Defender

Add a line of defenders midway between the short side of the field as shown. Handicap them sufficiently so, to start, they cannot arrive at the midpoint of the field before the person checking back. The player checking back now has to shield the ball and play it more quickly under some pressure.



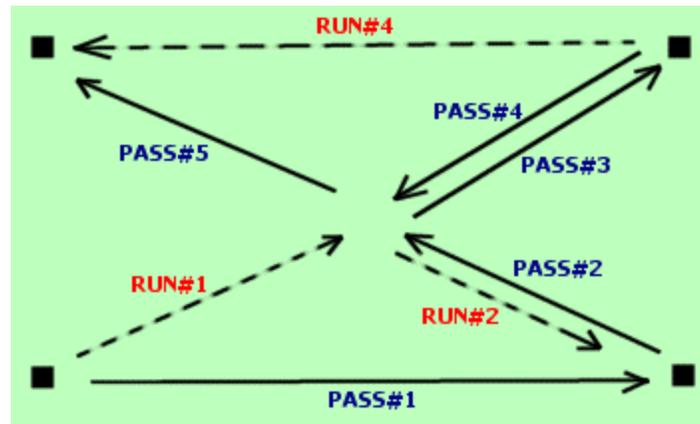
Repeat from the opposite direction. Gradually remove the restriction and/or handicap so that it becomes more game-like.

Next week you can expect part 2 of this article by George M. Lasher

Movement off the Ball - The Quad Tris (2/4)

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The following is a progression of the Quad-Tris suggested by Watt Keller, a coaching colleague from the great state of Georgia. Basically what we have done with this progression is remove one player and added in a give and go sequence.



The sequence is as follows:

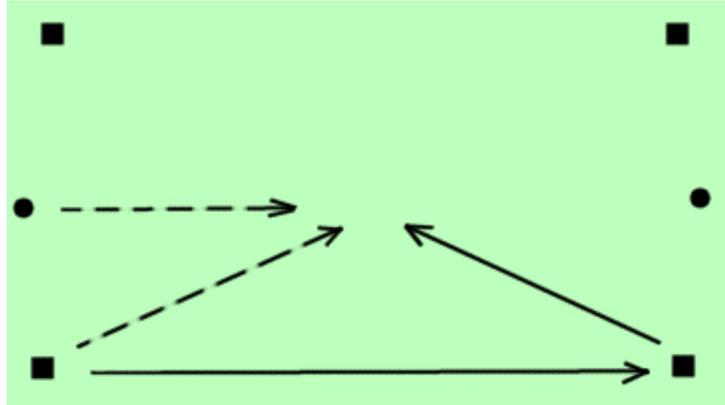
1. Pass # 1 is a long pass. Player number one runs to open space, again, in the center of the grid.
2. Player # 2 passes to player number 1 and follows his pass to the center.
3. Player #1 passes to player 3 and spins away to Player #2's original position. Player # 1 and Player #2 have to be heads up or they'll collide.
4. Player #2 is now in the middle of the field and is the "wall" for the give and go.
5. Player #3 passes to player #2 and makes the long give and go run. He receives the ball at Position marked 4 on the grid.
6. Player #2 checks to players 3's starting position.

You can now either have Player #3 with the ball dribble to the original starting position (recommended to start) and then re-start the sequence

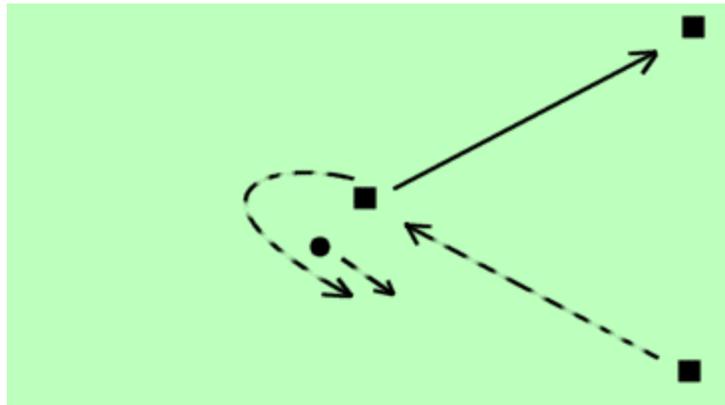
Or You could re-start the sequence from position #4 and do it in reverse. The latter is harder of course because now the players have to re-think what they were originally doing.

Progression # 3 - Quad-Tris Give and Go - Add the Defender

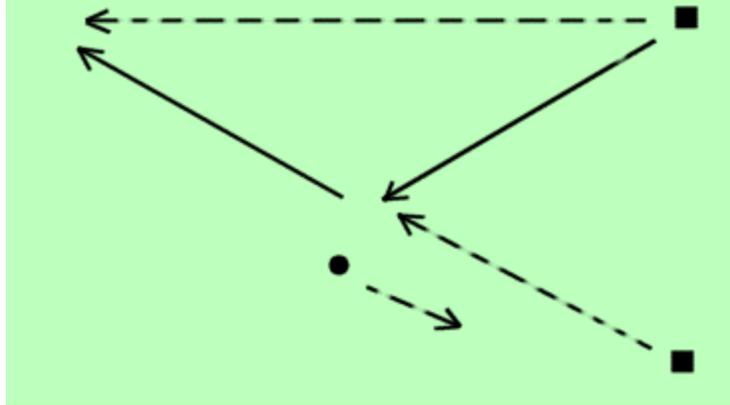
As before add defenders in the middle of the short side of the field. Play the ball in the same starting sequence, long, then diagonally back to the checking player



Now the ball is with the player in the center of the field and the defender is on her back providing pressure. When the checking player drops the ball off and spins away, the defender should follow illustrating how the middle of the field opens up again for the next run off the ball.



The ball is then played back to the player making the run to the center. The player making the pass also takes off, again running off the ball, for a give and go.



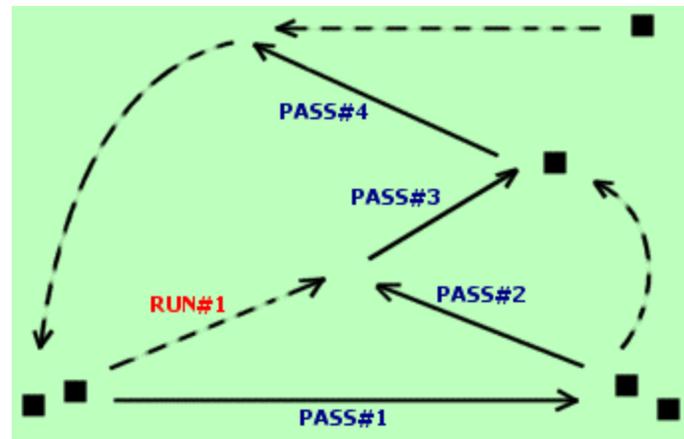
Next week you can expect part 3 (of 4) of this article by George M. Lasher

Movement off the Ball - The Quad Tris (3/4)

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Progression # 4 - Quad-Tris Third Man Run

The following is a progression of the Quad-Tris where we have a third man running off the ball



The sequence is as follows:

1. Pass # 1 is a long pass to player #2. Player number one runs to open space, again, in the center of the grid. This is your forward checking back to the midfield.
2. Player # 2 returns the pass to player # 1.
3. Player #1 passes to player #3 and breaks off away from his pass forcing a defender to either follow him or let him go free for a return pass (in a game situation)
4. Player #4 makes the off-the-ball run based on the pass from Player #1 to Player #3
5. Player #3 passes to player #4 .
6. Player #4 checks to players 1's starting position.
7. Re-Start the sequence.

Coaching Points

- ?? If you have progressed to this point in your practice it is time to start stressing one touch passes out of the middle.

- ?? The midfielders should still be able to two-touch. Stress this so that they take that extra second to look up and put the ball where the checking forward needs it to go. In the above diagram that would be across his body so that his left foot takes the ball and re-directs it.
- ?? Do not let the checking forward try to chop the ball right-footed across his body on the fly. Passing accuracy is a must.
- ?? Run this drill full speed on the check back. This forward is creating negative space for himself so that he has the time to make his pass
- ?? Stress the clearing run by the checking forward to draw a defender and give the mid a little more time to hit the 3rd man running.
- ?? Stress the timing of the 3rd man running and leading this player into space
- ?? Reverse the sequence of these steps so that both feet are used

Next week you can expect the last part of this article by George M. Lasher

Movement off the Ball - The Quad Tris (4/4)

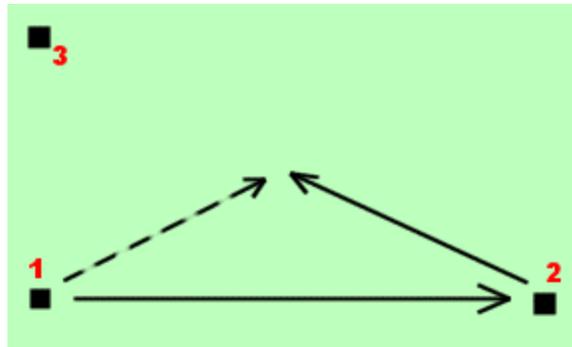
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Still More Advanced Quad Tris

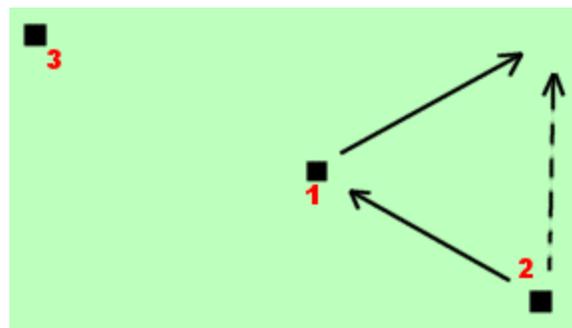
The next series of progressions were suggested by Ken Dodson, a high school coach from Arkansas.

Quad Tri - Give and Go 3 Players Only

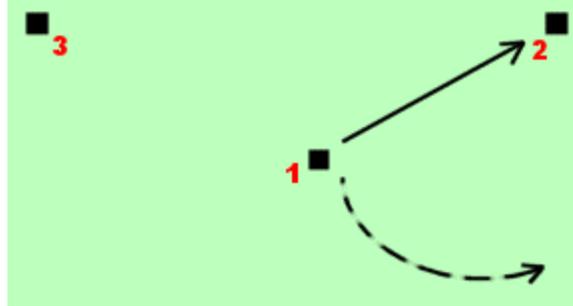
Set up a 25 x 25 to 30 x 30 yard field depending upon the age and skill level of your players. This Quad Tri starts off with the basic long pass and check.



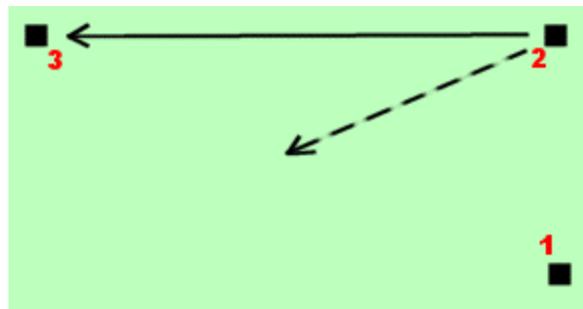
Now here is where the difference comes in..Player #2 makes a give and go run with player #1 who is in the center of the field.



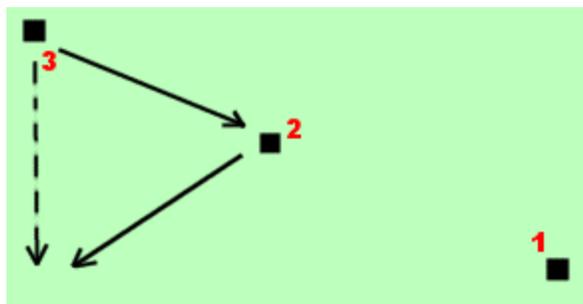
Player #1 now spins from the middle of the field to player#2's original position.



Player #2 now plays the long ball to player #3 and checks to the middle



Player # 3 now plays the ball to the middle and does the give and go with Player #2.

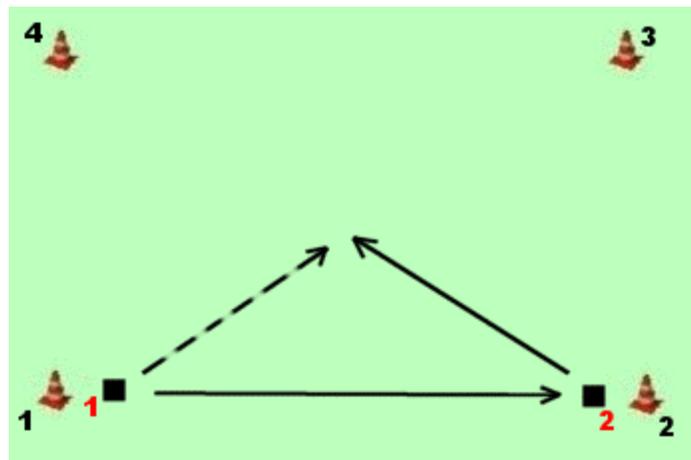


And there you have it a Quad Tri with three players, movement off the ball, checking back, give and gos and the ball and players end up in the same starting positions, albeit, not where they started.

Quad Tris - Two Men Only

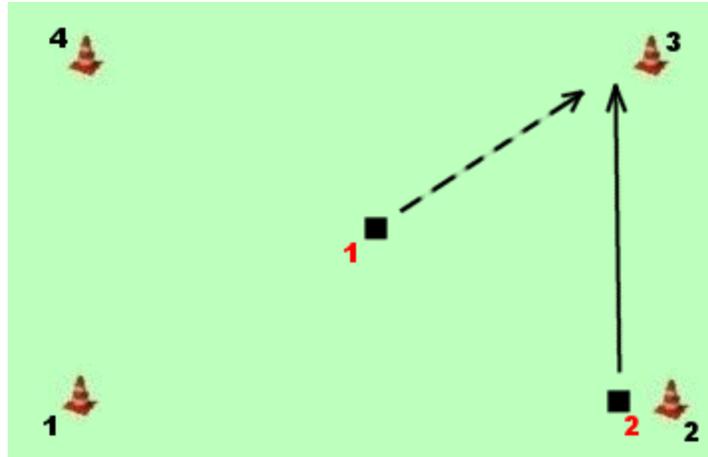
Set up a smaller field say about 10 yards x 5 yards. Number the positions 1, 2, 3 and

4 as shown and the players #1 and #2 as shown



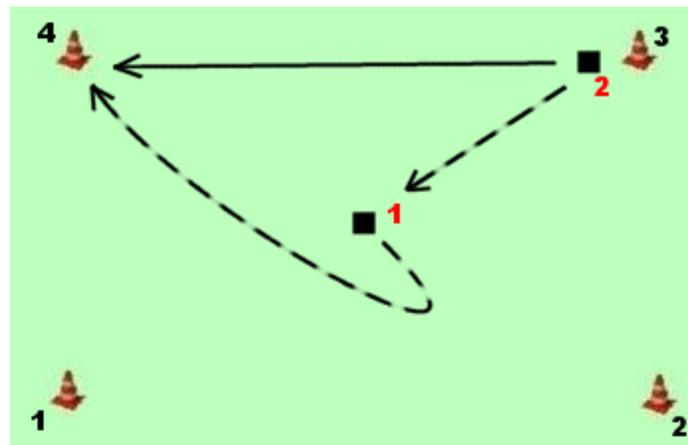
Player 1 plays long ball (about 10 yards her) to Player # 2 and checks to the middle. Player # 2 plays the ball to the middle. So far this is just like a normal Quad Tri.

The next move is the same as the 3 man give and go described above..Player # 2 makes the short run and receives the ball back from Player #1.

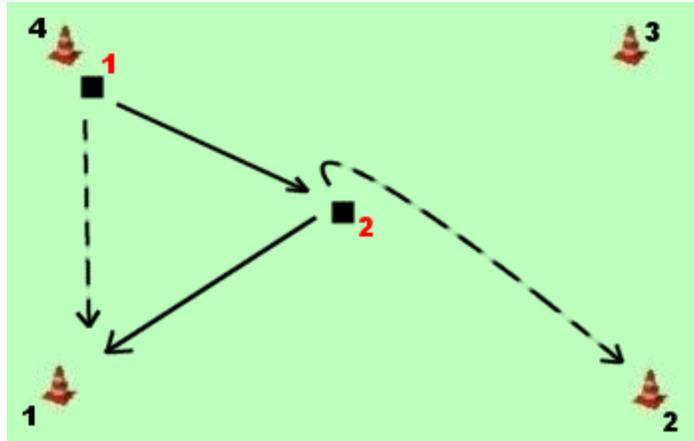


Now Player #1 in the middle of the field, spins away from the ball and heads to position #4 to receive the long pas back again from Player #2.

Make sure to emphasize the spin away from the ball.



Player # 2 now checks to the middle, receives the ball back from Player 3!, executes the give and go and then spins away to his starting position.



So that's it, a high intensity, two man Quad Tri., 6 runs and 6 passes.

Coaching Points:

- ?? Walk through the drill slowly the first time so that the players see the direction of the runs and passes
- ?? Passes and runs must be timed correctly.
- ?? Emphasize the spins away from the ball and the runs to space
- ?? Make sure that they open up to the field with the correct foot