



Checking

Checking is movement by a player to permit the player to provide the option to receive a pass, hopefully being able to face the attacking goal. Usually an opponent is marking the checking player.

1. Decoy step
 - a. Move away from the space in which the player may receive a pass - deceive the defender.
 - b. Move quickly back into the space created to provide the option to receive a pass.
2. Checking Options - Permits the player to have vision of the defender to see if the player is being followed and answer the question: "Can I receive the pass and face the attacking goal or must I receive the pass and face away from the attacking goal?"
 - a. Angle checking: Move away at an angle and then quickly back into the space created usually directly towards the player with the ball.
 - b. Vertically checking: Move away or toward the attacking goal and then quickly back into the space created. Most effective when play is on the outside of the field.
3. Players must have visual contact with the ball as the ball arrives.
4. Player can face the attacking goal.

Receive the ball across the body towards the attacking goal.
5. Player cannot face the attacking goal.
 - a. Receive the ball on the foot farther away from the defender.
 - b. Lower the center of gravity - "sit down."
 - c. Position the body sideways to the defender to maximize the distance between the defender and the ball.