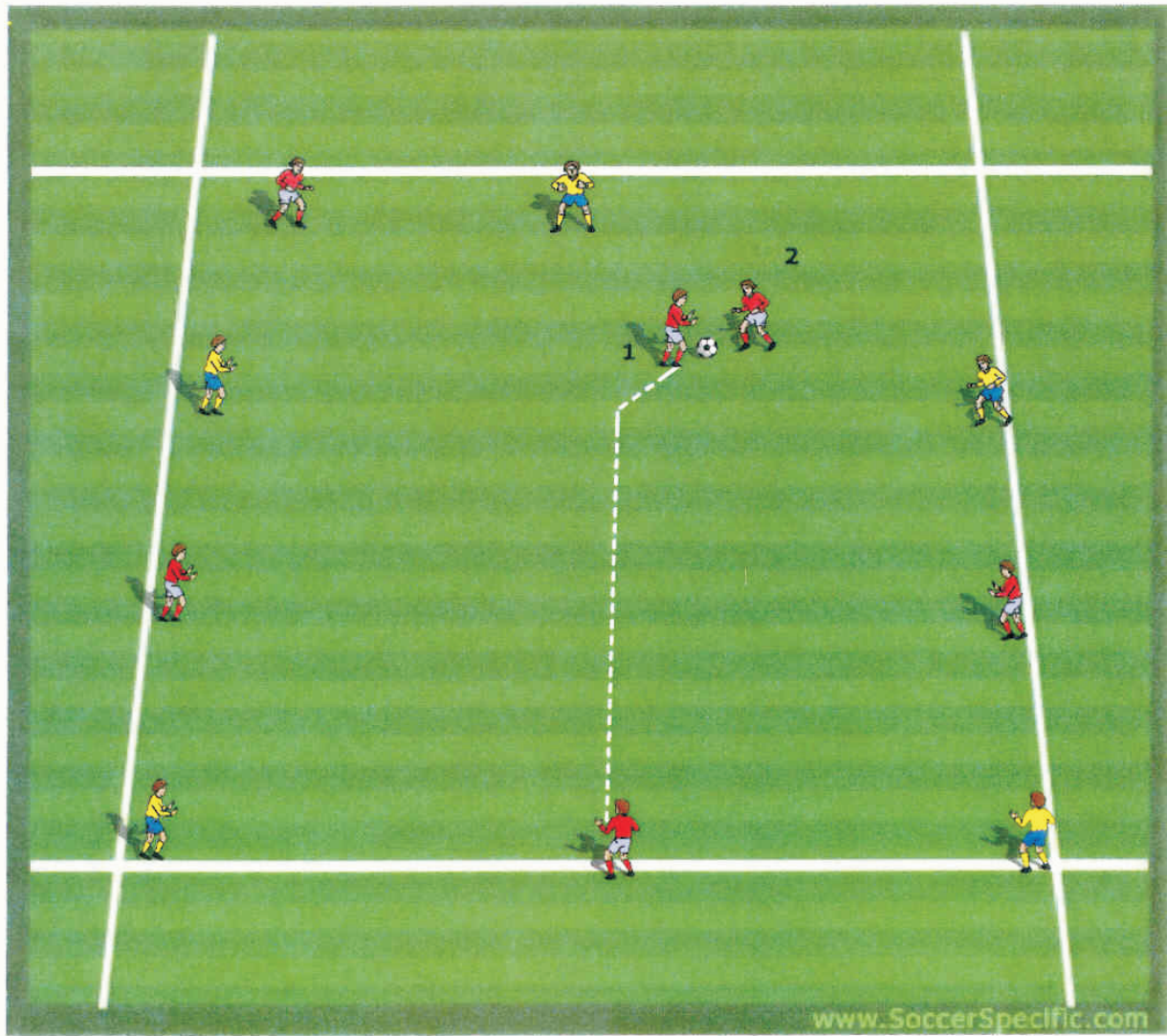


Take



Purpose: Focusing on confusing opponents and gaining space

Organization

1. Player 1 dribbles through the middle and towards player 2
2. Player 2 moves towards the ball and shouts, "TAKE"
3. Player 1 on hearing this leaves the ball and allows player to take the ball off to someone else
4. When doing the take it must be performed right foot to right foot and left to left

Coaching Points

1. Keep the ball close
2. Head up
3. Good communication
4. Confuses other team allowing change of direction