

Drill Number

44

Min Age Group:

U9

Min # of Players

6

Drill Name

Circle Passing

Min Time Required

5

Description

Setup:

A circle or square marked with cones. The size will depend on the number of players and age group. Only one ball is needed. All the players are inside the area.

Description:

Players should move around the circle to create space. A player can only two-touch pass and can not return a pass to the person they received it from. If the ball leaves the circle everyone has to do 10 jump ups.

Note:

Only one player in the middle at a time and the player can not stay for more than two passes whether they get the ball or not.

Coaching Points

DON'T stand flat footed. Meet the ball don't wait for it to arrive. DON'T stand still.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

