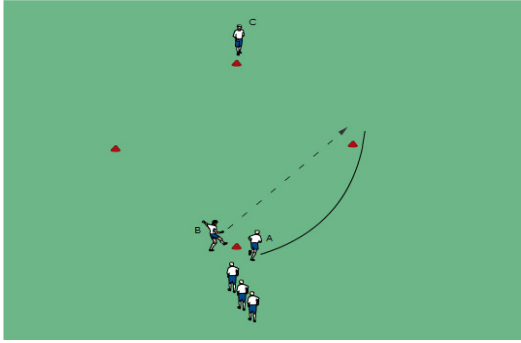


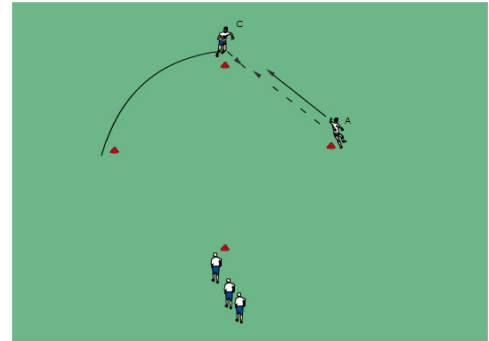
AC Carolina Passing Circuit:



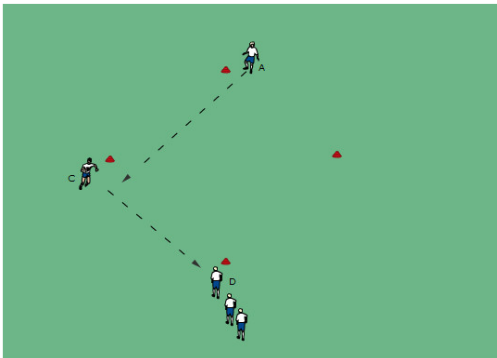
The Set-up: 4 discs set up in a 15 x 15 yard diamond. Groups of 6 to 8 players per diamond works best. All players with the exception of one start in a line. The other player stands at the far disc across from his/her teammates (as pictured).

The Exercise: The first player in line (A) makes a bending run toward the disc to his/her right. Player B plays a pass for A to run onto. It is important that A makes fast run and player B passes the ball with correct pace and accuracy.

Player A should receive the ball and quickly play the ball into the feet of player C. If Player A has the ability to play the ball “first time” into player C that should be encouraged. Player C should drop the ball back softly toward a supporting Player A. Player C immediately should make a fast run around the disc to his/her right (pictured right).



Player A should now pass the ball into the path of player C. The timing and angle of this pass is important. The pass should be delivered into space and not to feet. This will keep the flow of the activity. It may be better to ask your players to begin using two touches and progress to one touch depending on their ability level. Player A should now remain at the disc opposite his/her line of teammates.



Player C now passes the ball to the feet of the first player in line (D) and moves to support. Player D should drop the ball back softly toward a supporting Player C. Player D immediately should make a fast run around the disc to his/her right. Player C now passes the ball into the path of Player D.

The exercise continues!



This is an excellent exercise for teaching proper weight on passes, movement off the ball, and combination play.