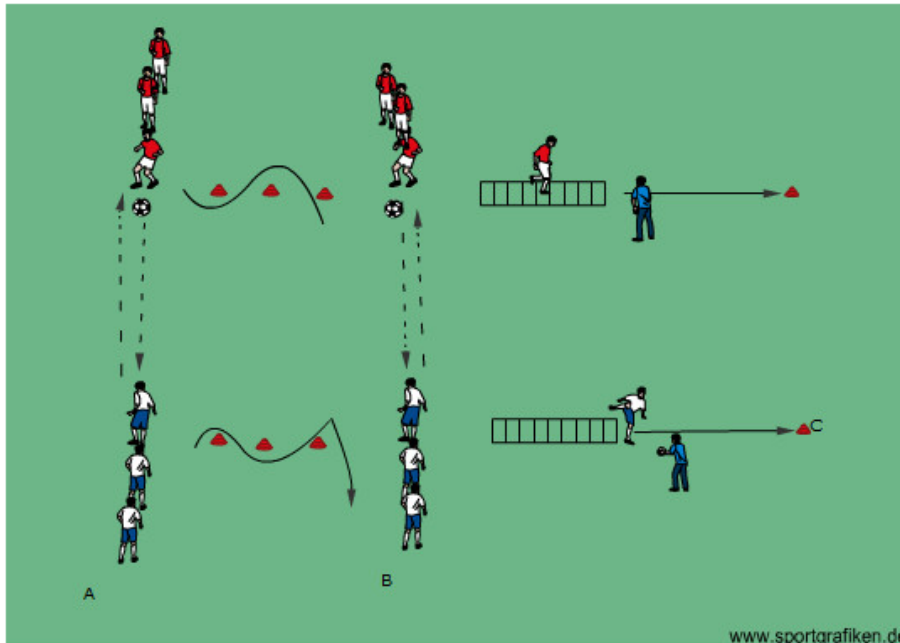


## BD Technique and Agility Circuit



**The Set-up:** (as pictured) divide the team up into 4 groups. The lines should be approximately 10 yards across from one another. The discs should be 1 yard apart. Place a single discs 5 to 7 yards away from the speed ladders (you can uses discs, hurdles or flags if you don't have a speed ladder available). 4 balls are needed for the entire circuit.

**The Exercise:** The players in line A pass the ball across to their opposite line and immediately weave through a series of discs and join the back of line B. The players in line B pass the ball directly across and perform a movement (coach can decide) through a speed ladder. Once they complete the speed ladder a coach tosses a ball to the player who must volley it back first time to the coach and sprint to the disc. Once they reach the disc they jog back to line A. **All balls are active at the same time.**

### Focus:

- Crisp passing (one or two touch)
- Volley
- Footwork
- Quick Acceleration

**Note:** Coach should be focused on proper technique and movement not fitness.

**Rotation:** Have the red and blue groups switch sides after 3 minutes. Repeat movements twice from both sides.