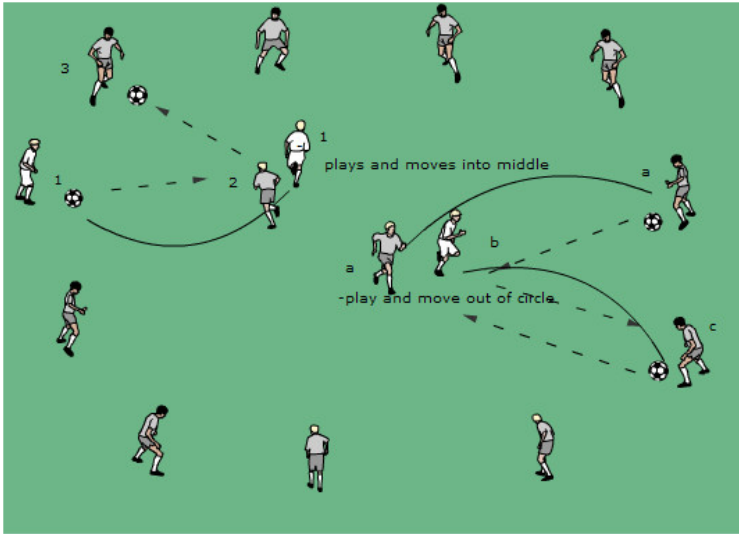


Circle Warm-up (one ball chases the other)



Team Warm-up: One ball chases the other. Two or three players start in the middle depending on the teams' skill level. Balls must start on the outside. Players with ball pass to the player in the middle and follow pass into the circle. Player in the middle passes to the next player on the outside of the circle and follow pass out to the edge of the circle. Player receiving the ball plays into the

circle to the player who started the initial movement. Continue.

Focus:

- Passing and Moving.
- Lead the player into his pass.
- Proper pace on the ball.
- Quick movement in and out of the circle.

Note: The more balls the more touches. Change the direction of the ball movement will ensure the players play with both feet.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

3v1 plus 1 to end-lines
4v2 plus 2 Possession Box

Match Related Game:

3v1 plus 2 Goals w/2 counter goals
Paul Marco Transition