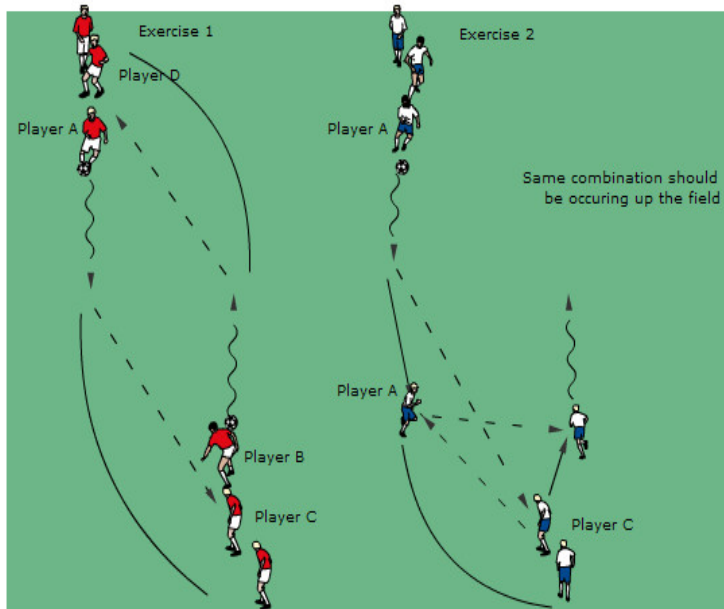


Groups of 6 or 8 Passing Circuit



Exercise 1: Two lines of 3 (or 4) facing each other on a diagonal. The first 2 players in each line have a ball. They dribble straight out (at the same time) and play a diagonal pass along the ground to the first two players in each line. After playing the ball they run to end of the line they just played to.

Note: Coach should switch the positioning of the lines so that players are forced to play the ball with both feet.

Exercise 2: (pictured right) Same set-up as before, but now when the players pass the ball to awaiting players they move to support the pass.

Pictured: Player A dribbles out, passes to Player C, Player C plays a short pass to a supporting Player A who drops the ball across to Player C who dribbles out and begins the combination up the other side.

Not Pictured: Player B should be carrying out the same combination along the right side with Player D.

Focus:

- Dribbling
- Passing
- Moving to Support
- Communication- Call for the ball.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

Finding the Target Player with Transition
2v2 to 2 Diagonal Goals

Match Related Game/Exercise to Goal:

4v4 plus 4 Vertical Target Players
Four Goal Game