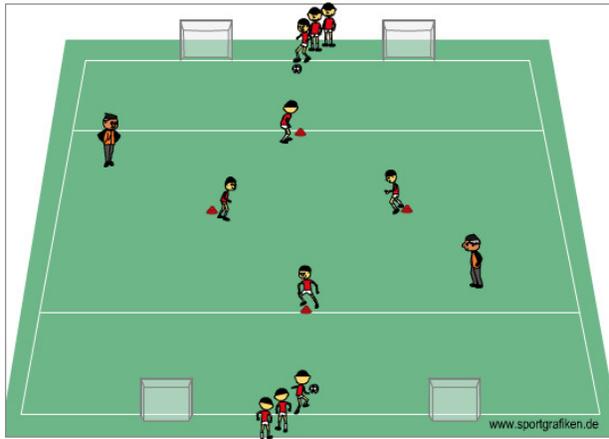


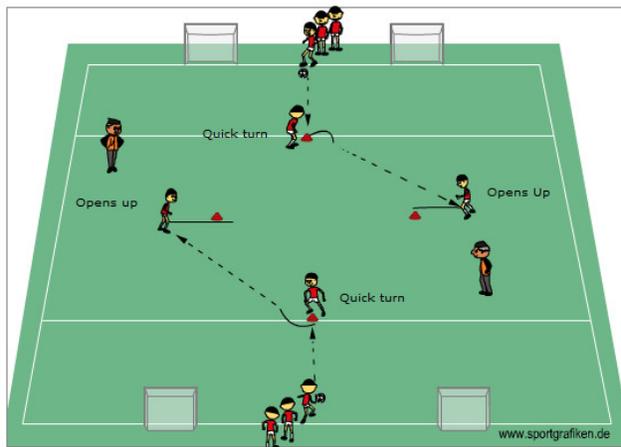
Claudio Reyna Passing Circuit



The Set-up: Create a 10 x 10 Diamond with the two lines approximately 10 yards from the top and bottom of the diamond. There should be a player at each corner of the diamond. The first player in each line should have a ball (2 balls total).

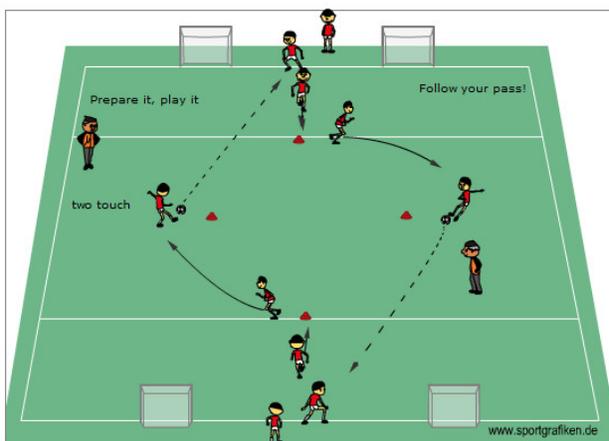
Focus:

- Crisp passing
- Turning with the ball
- Body Shape/Opening up
- Receiving the ball



The Exercise: The first player in each line passes the ball into the top & bottom of the Diamond. The players receiving the ball turn to their right. As the player receiving the ball turns, the players at the corner of the Diamond move few yards backwards off of the disc.

Note: This movement mirrors the movement of a wide player taking up a “side on” position where he/she can see the field.



The player receiving the ball at the corner of the diamond should play with two touches. One touch to prepare the ball and one to pass the ball to the first player in the opposite line.

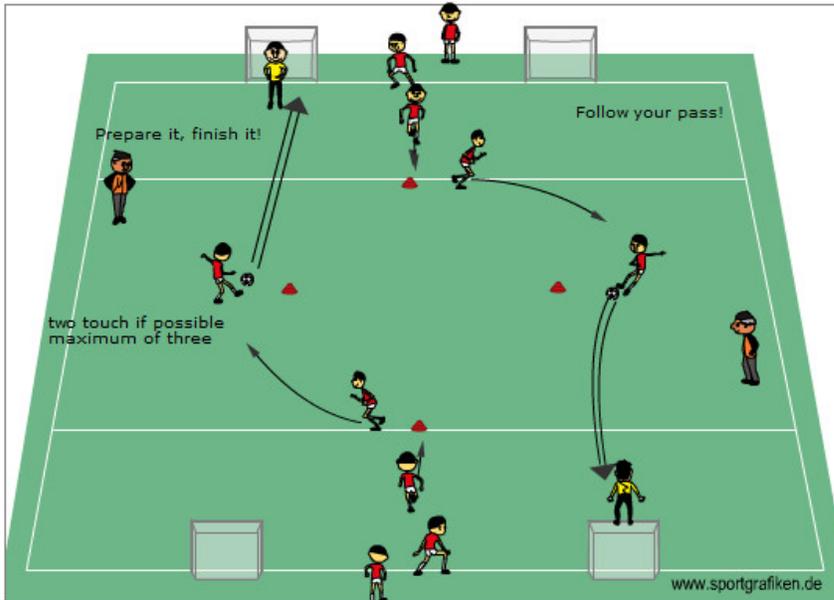
All players should follow their pass!

Coach should rotate the direction of the movement every three to four minutes.

Variations:

1. ask all players to “take a look” over their shoulder to the line they will be playing to next before receiving the ball.
2. Have the entry pass that gets played into the Diamond done “first time” (1 touch).
3. Add Keepers (pictured below)

Final Stage



The Exercise: The circuit remains the same, but now the players at the corner of the diamond receive the ball and finish it. They should try to do this in two touches, but may take a third touch.

Note: Additional balls should be added to keep flow of the exercise.

All movements should still be carried out properly!

- Crisp Passing
- Sharp turns
- Opening up to the field
- "Taking a look"
- Finishing