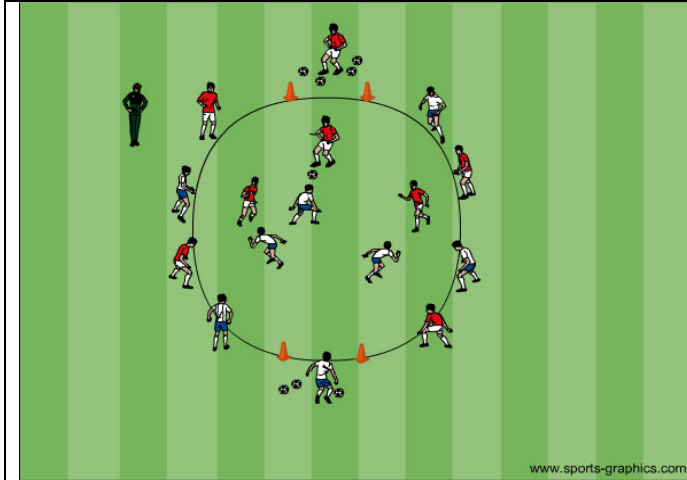
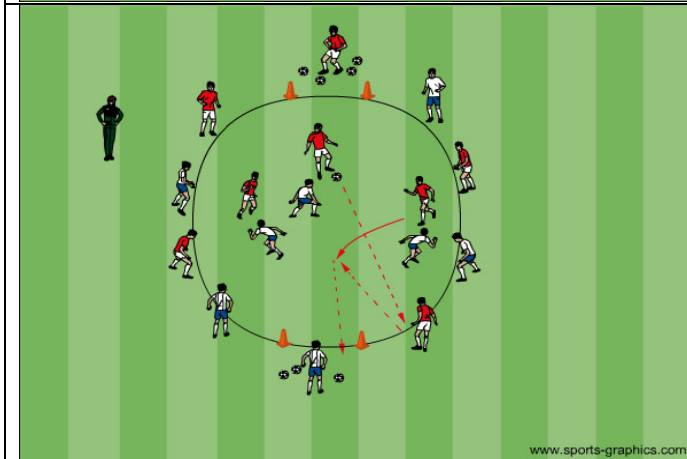
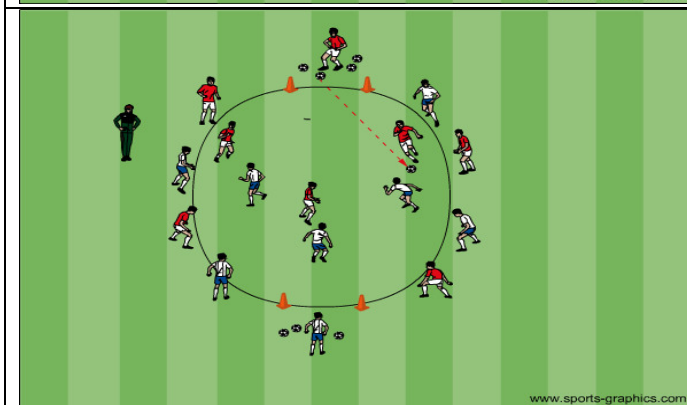




# Penn State Circle Exercise

Penn State Circle Exercise	Description
 <p>www.sports-graphics.com</p>	<p><b>The Set-up/Exercise:</b> Play in the Center circle or a similar space (10x10 circumference). Goals should be approximately 3 yards wide. A 3v3 (or 4v4) game takes place inside the circle with one player from each team standing behind their gate/goal with extra balls to act as a server. The remaining players spread themselves out around the circle to serve as boundary players for <u>their</u> team.</p> <p><b>Rule:</b> Boundary players are a maximum of two touches.</p> <p><b>Note:</b> You do not need to use the boundary players to score, but they give you a numerical advantage to keep possession of the ball.</p>
 <p>www.sports-graphics.com</p>	<p>If a goal is scored, example red scores (pictured left), the red team quickly moves to take up positions to receive the ball from their server/teammate. The white team must quickly regroup and defend against another attack. (3<sup>rd</sup> diagram).</p> <p><b>Note:</b> The server is a very important member to the team. If they are alert and accurate with their passing they can create great opportunities for their teammates to score quickly before the opponent gets reorganized.</p>
 <p>www.sports-graphics.com</p>	<p><b>Rotation:</b></p> <ul style="list-style-type: none"><li>• Play games to 3 with the winning team staying on!</li><li>• Rotate the server after each game.</li></ul> <p><b>Important-</b> The server is not a goalie! They are positioned behind the gate not in it.</p>
<p><b>Focus:</b></p> <ul style="list-style-type: none"><li>• Playing in tight spaces</li><li>• Combination play</li><li>• Quick Transitions</li></ul>	<p><b>Coaching Demand:</b> <i>This is an excellent exercise to teach players to work hard. The defending team is NOT rewarded for giving up a goal by getting the ball. They have to win it back!</i></p>