

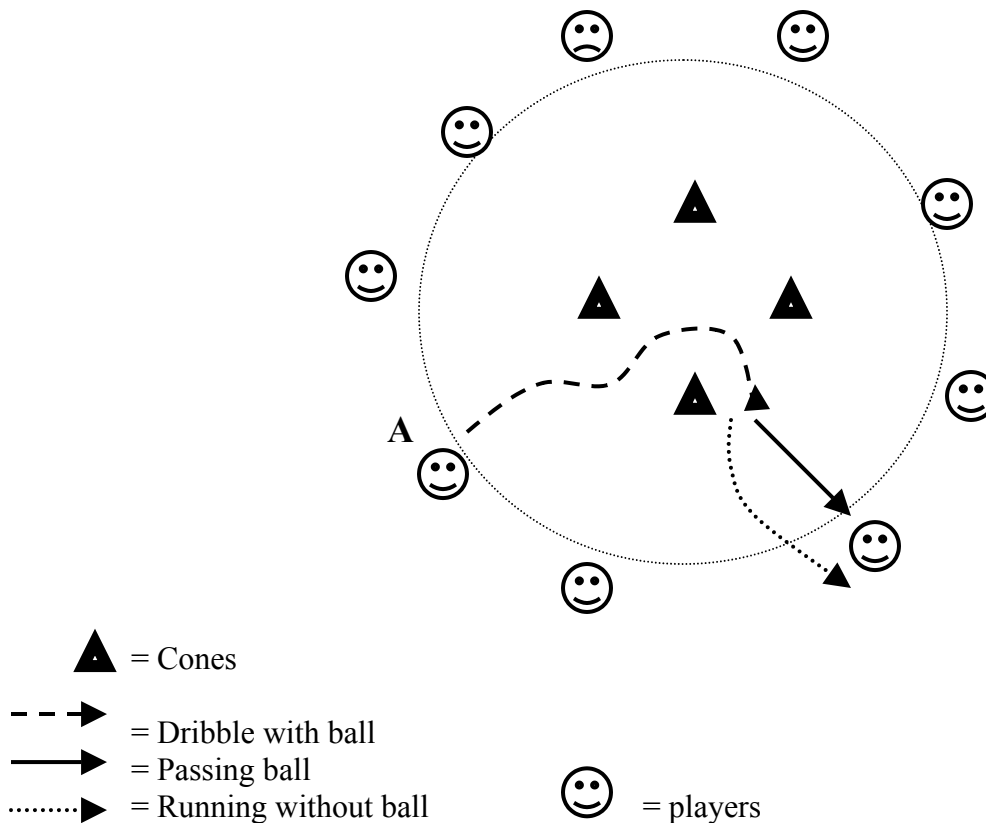
THE CSYS ONLINE COACHING CLINIC

Drill: 4
Theme: Circle Play
Focus: Passing, Receiving, Heading, Volley, etc.
Age Category: U10 and older

Circle Play

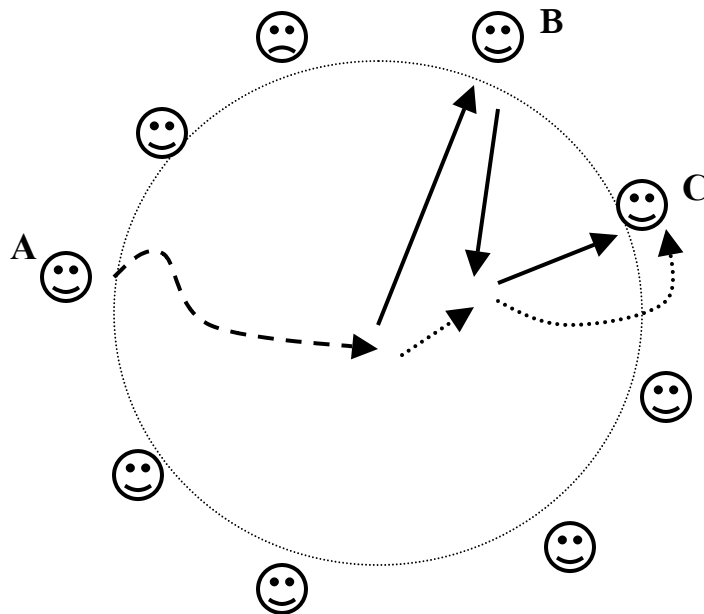
Circle practices are designed to develop quick play and to work on a variety of activities all from the same set up. I have seen coaches use circle practices from U10's all the way up into the college and professional level. There are literally hundreds of different variations of circle practices that can be used as part of your training sessions. All of the following drills start with the same set up; your players form a circle. The number of players or the level of difficulty can determine the diameter of the circle you want to use. You can have all your players form one circle or make multiple circles.

Drill 1 – Dribble and Pass



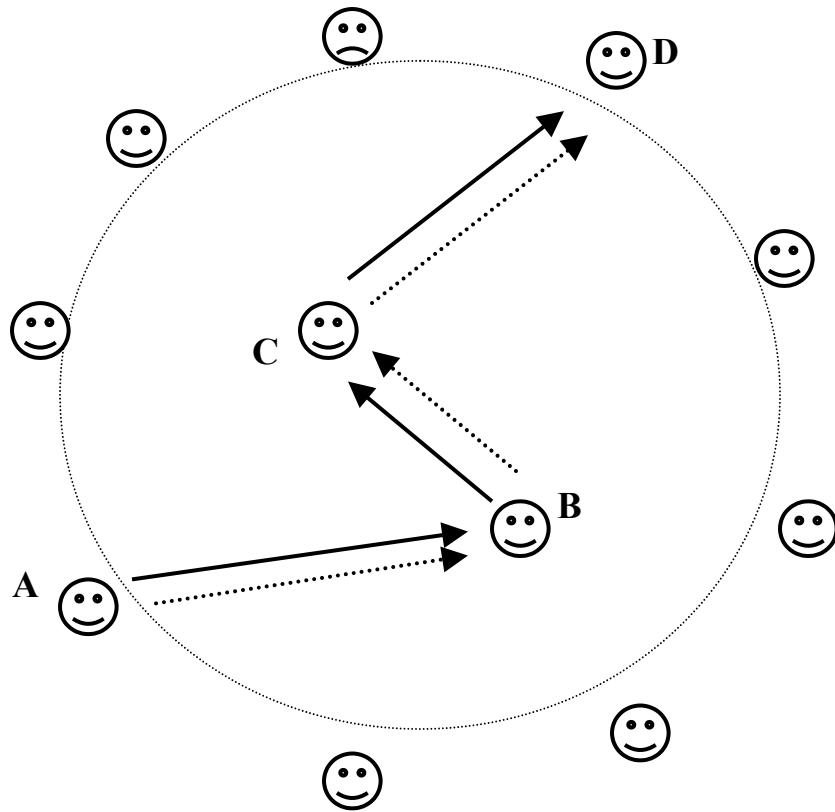
- 1) Player A dribbles the ball into the center of the circle and around a cone.
- 2) Player A passes the ball to another player.
- 3) Player A takes his place on the outer circle.
- 4) Keep repeating the exercise.
- 5) Start with one ball and keep increasing the number of balls up to four.

Drill 2 – Give – and - Go



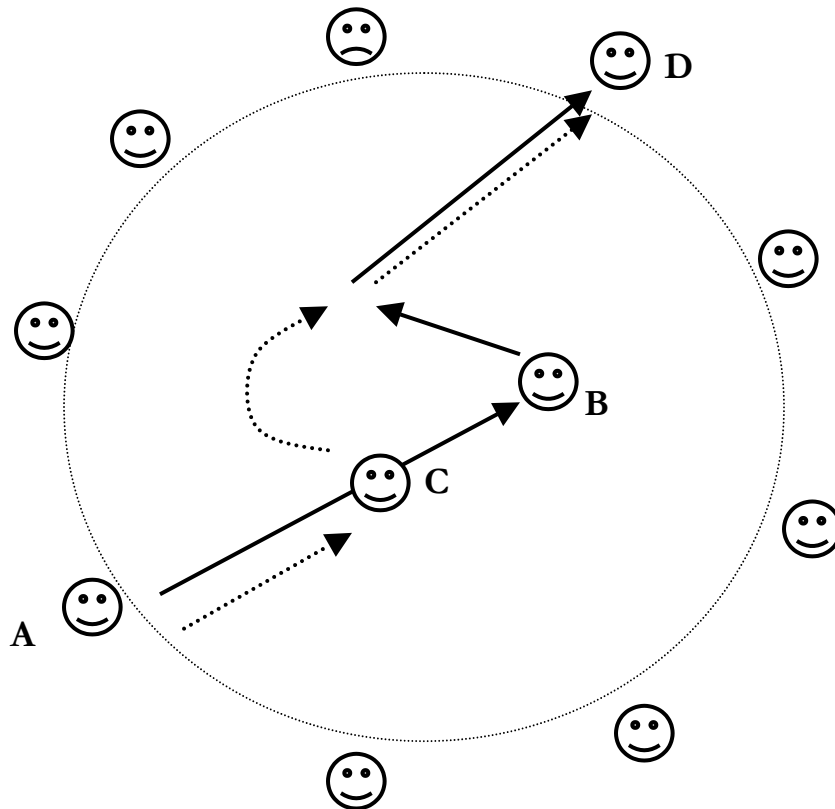
- 1) In this example, Player A dribbles the ball into the center of the circle and passes to Player B.
- 2) Player B passes back to Player A, with one touch.
- 3) Player A then passes to Player C.
- 4) Player C continues the drill by dribbling into the center of the circle. Player A takes Player C place on the outer circle
- 5) Start with one ball and increase the number of balls accordingly.
- 6) Try to perform with one-touch passing. Try to increase the speed of the drill.

Drill 3 – Two Center Players



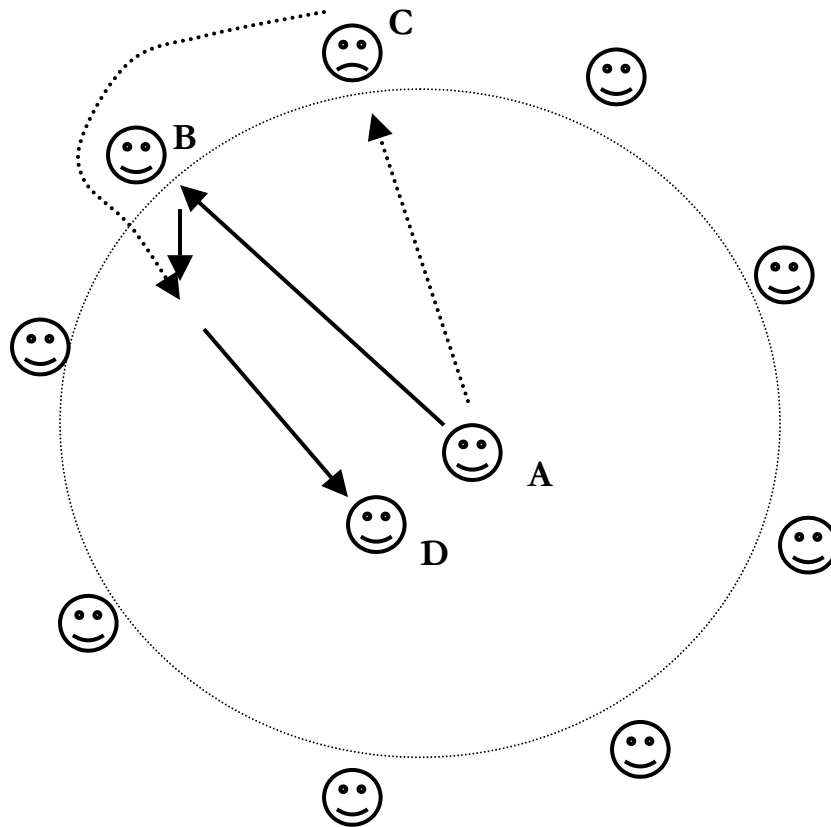
- 1) Player A passes to Player B and then follows his pass.
- 2) Player B passes to Player C and then follows his pass
- 3) Player C passes to Player D and then follows his pass
- 4) Keep repeating drill.
- 5) Start with 2 – touch passing and move to one – touch passing.

Drill 4 – Two Center Players using an “over” or “leave”



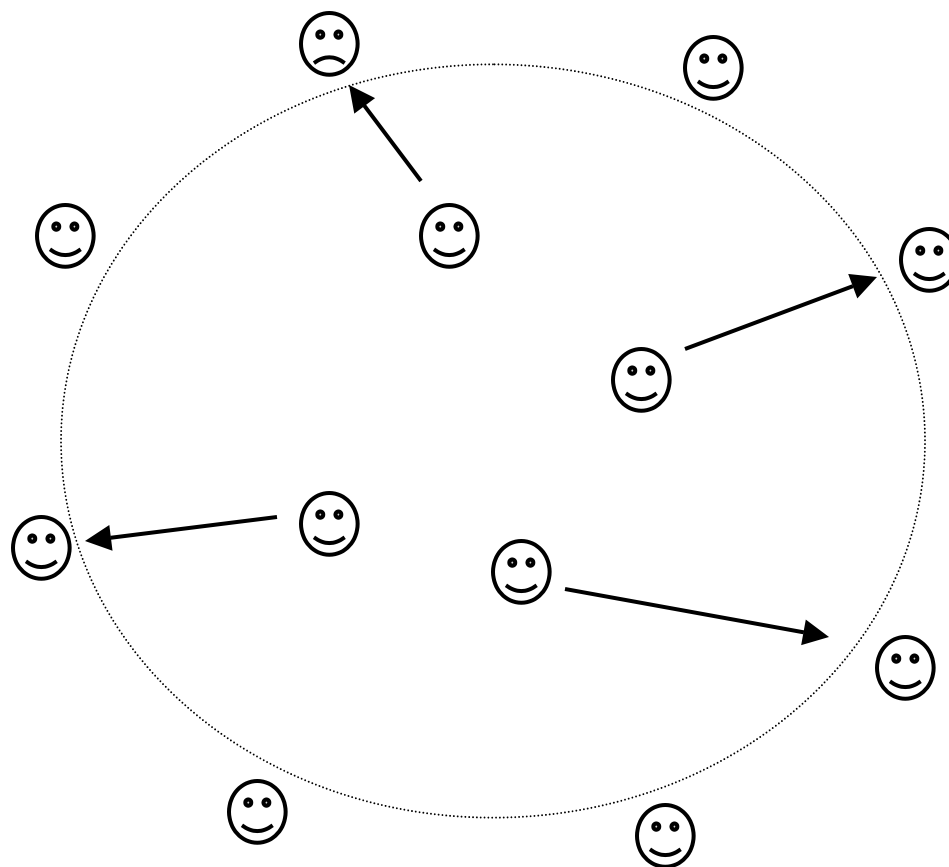
- 1) Player A passes to Player C who allows the ball to run through his legs or by the side of him to Player B.
- 2) Player B lays the ball off into space for Player C, who has spun around into the space.
- 3) Player C passes across the circle to Player D.
- 4) Player B must call out “over” or “leave”, so Player C knows to let the ball run by him.
- 5) Player C must spin quickly to receive a one-touch pass from Player B.
- 6) Repeat drill starting with Player D.
- 7) Player A moves to Player C’s position and Player C moves to Player D’s position. Player A will now call for the “over” or “leave”

Drill 5 – Center Players with an Overlap Run



- 1) Player A passes to Player B.
- 2) Player C makes an overlap run on Player B. Player B lays the ball off into space for Player C.
- 3) Player C passes to Player D.
- 4) Player D repeats the drill.
- 5) Player A moves to Player C's position.
- 6) Player C follows pass into the center of circle.

Drill 6 – Circle Drill Warm – up



- 1) Each Player on the inside of the circle starts with a ball.
- 2) They pass to an outside player and receive it back, then go find a different outside player to pass to.
- 3) Be sure to communicate by calling out the name of the player you are going to pass to.
- 4) After a couple of minutes put new players on the inside.
- 5) You can run several warm-up drills from this set-up:
 - a. Players on inside pass to outside players, outside player holds the ball and inside player goes and finds an outside player with a ball to call for a pass.
 - b. Players on inside pass to outside player and then run an overlap on the outside player and receive ball back.
 - c. All outside players have a ball in their hands and as inside players come to them they toss it for them to perform headers, volleys, chest traps with a volley, etc.