

CIRCLE DRILLS



NEED CONES TO MARK OUT CIRCLE FOR THE KIDS...PLUS PENNIES...PLUS BALL PER PLAYER

THE LARGER THE CIRCLE THE MORE RUNNING...SMALLER THE CIRCLE THE MORE SKILL

YOU CAN DO SEVERAL DRILLS USING THIS FORMAT...WORKS ON ALL ASPECTS OF GAME AND FITNESS

- EVERYONE HAS A BALL OUTSIDE OF CIRCLE

PUT A CONE IN CENTER AND HAVE EVERYONE DRIBBLE TO CONE

MAKE A QUALITY TURN AND GO BACK TO CIRCLE.....HAVE THEM KEEP DOING THIS FOR A MINUTE OR TWO

CHANGE TO DRIBBLE WITH RIGHT FOOT ONLY AND THEN LEFT, ETC

- 3 PLAYERS OUTSIDE OF CIRCLE HAVE A BALL

ALL THREE DRIBBLE AT THE SAMETIME ACROSS CIRCLE AND **PASS THE BALL FROM 5 YARDS AWAY TO A TEAMMATE THAT DOES NOT HAVE BALL...NEW PLAYER DOES THE SAME THING**

EMPHASIZE QUICKNESS, HEAD UP WHILE DRIBBLING, PLAYERS WITHOUT BALL COMMUNICATING (ASKING FOR THE BALL),

PASS FROM 15 YARDS (MORE DIFFICULT OF A PASS)

DRIBBLE ACROSS AND PASS TO A TEAMMATE WHICH USES 2 TOUCH (RECEIVE THE BALL AND THE NEXT TOUCH IS A PASS ACROSS THE CIRCLE TO A TEAMMATE)

- HALF THE PLAYERS IN THE MIDDLE...OTHER HALF OUTSIDE OF CIRCLE WITH BALL

PLAYERS IN THE CIRCLE PLAY 2 TOUCH BACK TO THE PLAYER THAT PASSES THE BALL TO THEM AND THEN RUN ACROSS CIRCLE TO RECEIVE A PASS FROM ANOTHER TEAMMATE (ONE MINUTE IN THE MIDDLE) THEN SWITCH THE PLAYERS

PLAY 2 TOUCH

PLAY ONE TOUCH

PLAYERS OUTSIDE TOSS BALL FOR HEAD BALLS, CHEST, THIGH

ALWAYS EMPHASIZE SPEED ACROSS MIDDLE LOOKING FOR A PASS, ASKING FOR THE BALL

- USING PENNIES PUT 2 ON 2 IN MIDDLE PLAYING POSSESSION, THEN 3 ON 3

PUT PENNIES ON EVERY OTHER PLAYER ON THE OUTSIDE AS WELL

UTILIZE ALL THE PLAYERS....PLAYERS IN MIDDLE CAN PLAY THE BALL TO AN OUTSIDE PLAYER ON THEIR TEAM AND GET IT BACK FROM THEM...4 PLAYERS IN MIDDLE CANNOT DEFEND THE OUTSIDE PLAYERS JUST THE

MIDDLE PLAYERS...OUTSIDE PLAYERS ARE FREE AND PASS BACK TO THEIR TEAM

ALWAYS STRESS PERFECT SIMPLE TECHNIQUE

DRIBBLING,

TURNING, PASSING, RECEIVING THE BALL