

Circle Passing

How the activity works:

Players form a circle with at least two players inside the circle with soccer balls. The players inside the circle pass the ball to a player along the outside of the circle who receives the ball, dribbles inside and repeats the process. Players switch places with the players they pass to.

Purpose:

This activity gets players moving with the ball and their brain primed to play with others. Players work on their first touch, dribbling, and passing. Increase the pace and intensity of the activity as players slowly progress.

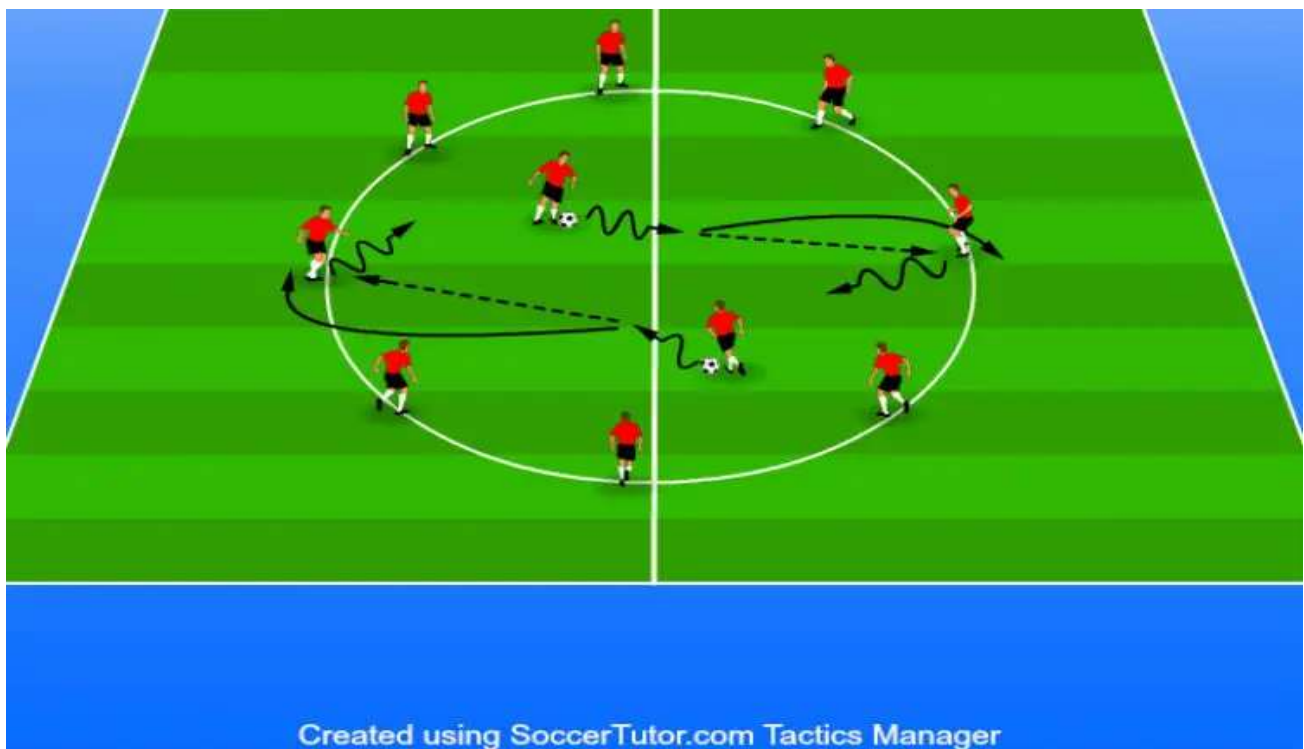
Setup:

Have the players form a large circle. Use the center circle of the soccer field if available.

At least two players start in the middle of the circle with soccer balls. Start with more players in the middle to increase the number of touches each player gets.

Decide on a time limit for the activity. 6-10 minutes is the goal.

Instructions:



Circle Passing -

The players in the middle of the circle start by dribbling and passing to a player along the outside of the circle.

The player receiving the pass uses their first touch to take them inside the circle where they are free to dribble and then pass to another player along the outside of the circle.

When a player passes their ball to an outside player, they follow their pass and switch places with that player.

The process continues for the remainder of the time. Increase the speed and intensity as the players get moving. Players are encouraged to stay moving when they are on the outside of the circle.

Variations:

One-Two Pass – The players complete a one-two pass before the receiver dribbles inside the circle.

Two-touch – Players complete the activity using only two-touch. Players must make quicker decisions and use a good first-touch to take them inside the circle before passing to the next player. Players along the outside of the circle should communicate with players inside the circle to call for a pass. After players complete a pass have them accelerate to the receiver's spot along the outside.

Coaching Points:

Start slow. Players can begin at whatever pace their body is ready for. Increase the tempo as players move and warm up.

Instruct the players on the outside to remain light on their toes and ready for a pass. Players' first touches should be clean and should take them inside the circle.

Remind the players to look up and see the players around them. This will decrease collisions, help players make better decisions and build good habits.

Challenge the players to make firm, on the ground passes right to their teammates. See how many passes they can complete in a row!