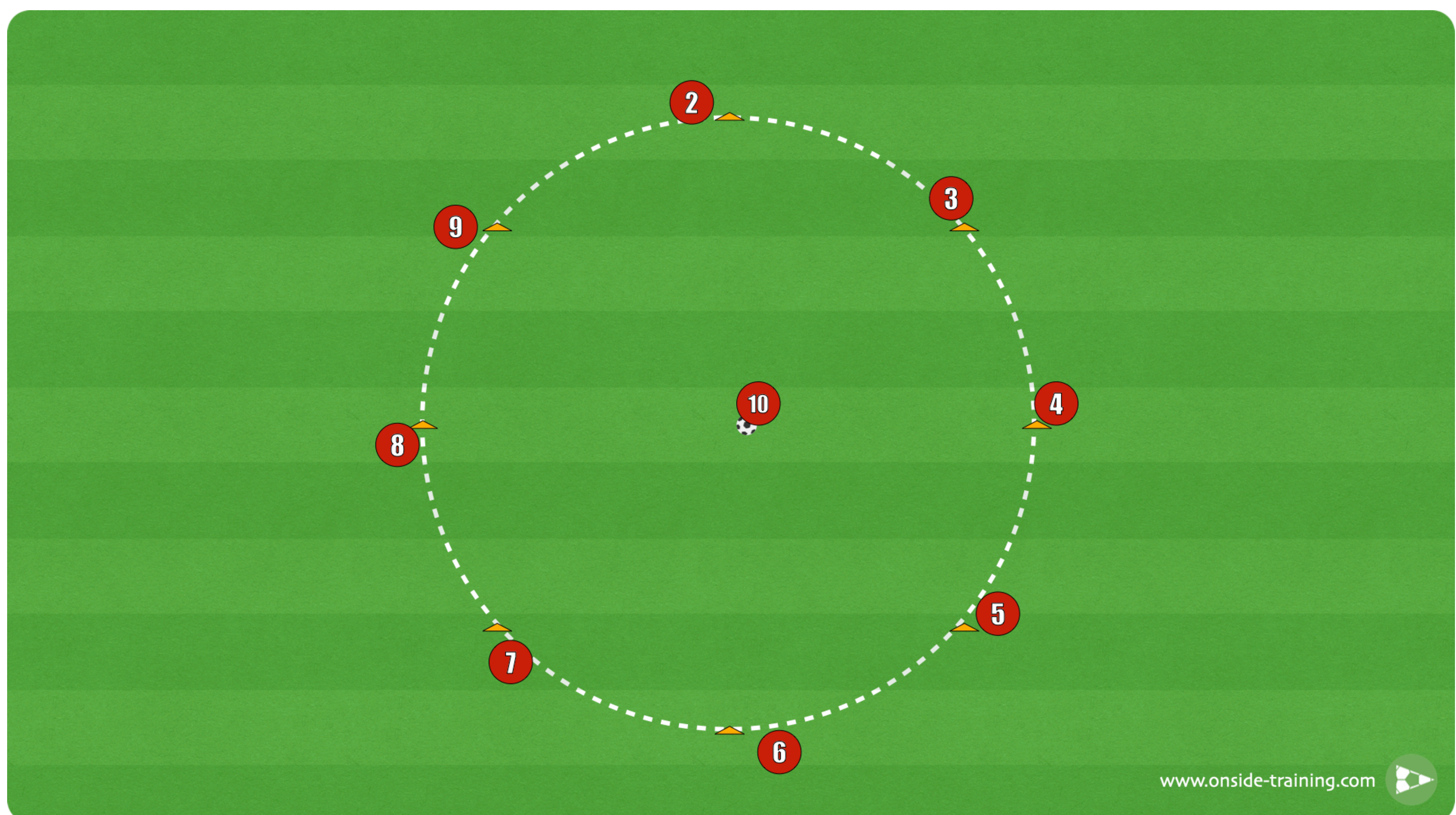


CIRCLE PASSING WARM-UP DRILL

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Setup:

- Setup a circle with cones equal to the number of players.
- The number of players involved in the drill can range from 6 to 14. If you have more than 10 players, it is advisable to form two smaller circles or use two balls within a larger circle.
- The size of the circle should be determined based on the number and skill level of the players.
- A larger circle will enhance fitness levels, while a smaller circle encourages fast passing combinations.



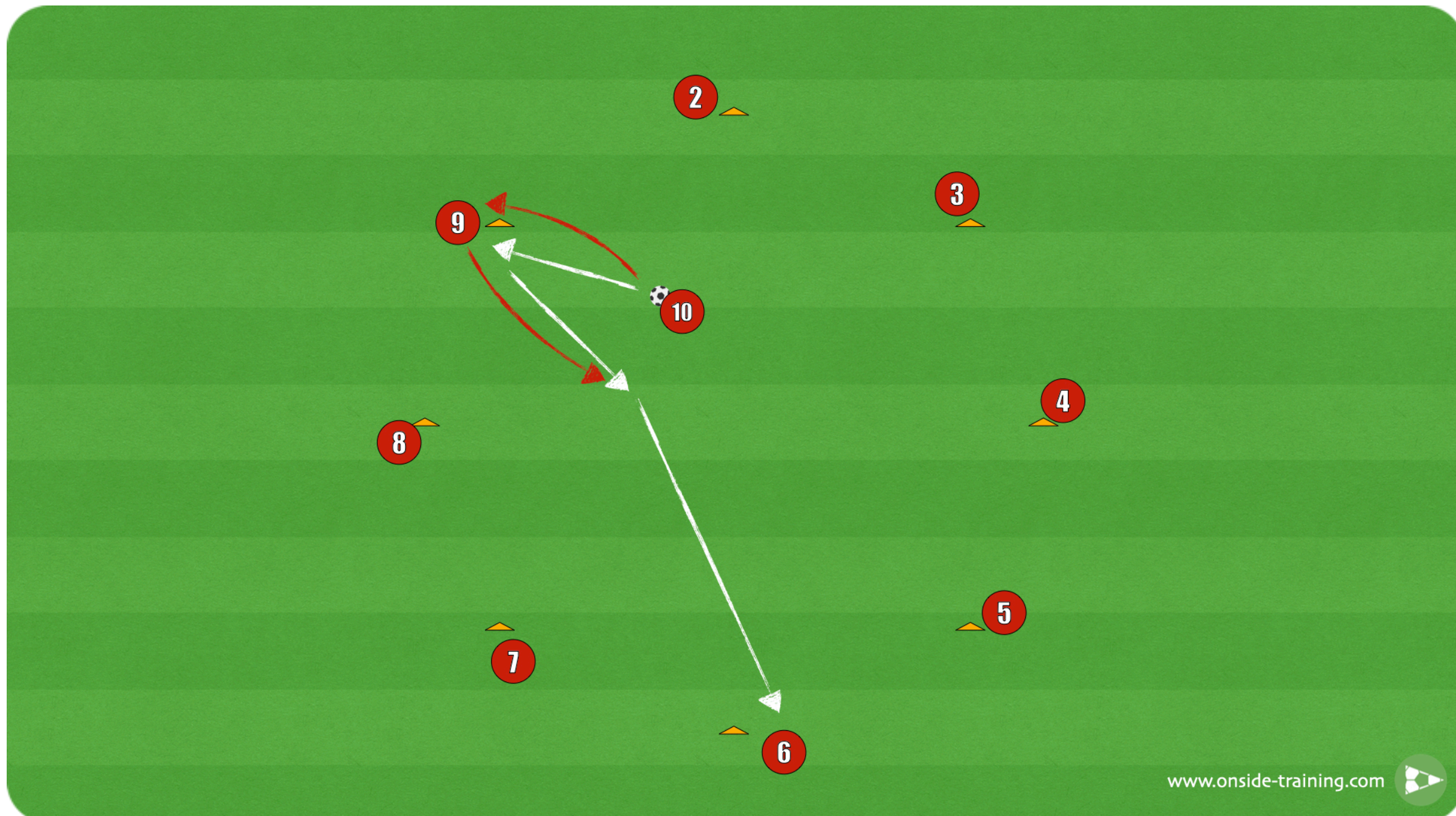
Why Use This Drill?

This Circle Passing Warm-Up Drill, is a great way for the players to get a feeling of the ball in the start of a training session. The drill emphasizes the execution of passing combinations, encourages dynamic movement, and requires quick decision-making.

During the drill, players have the freedom to pass to any teammate they choose, promoting creativity and decision-making skills.



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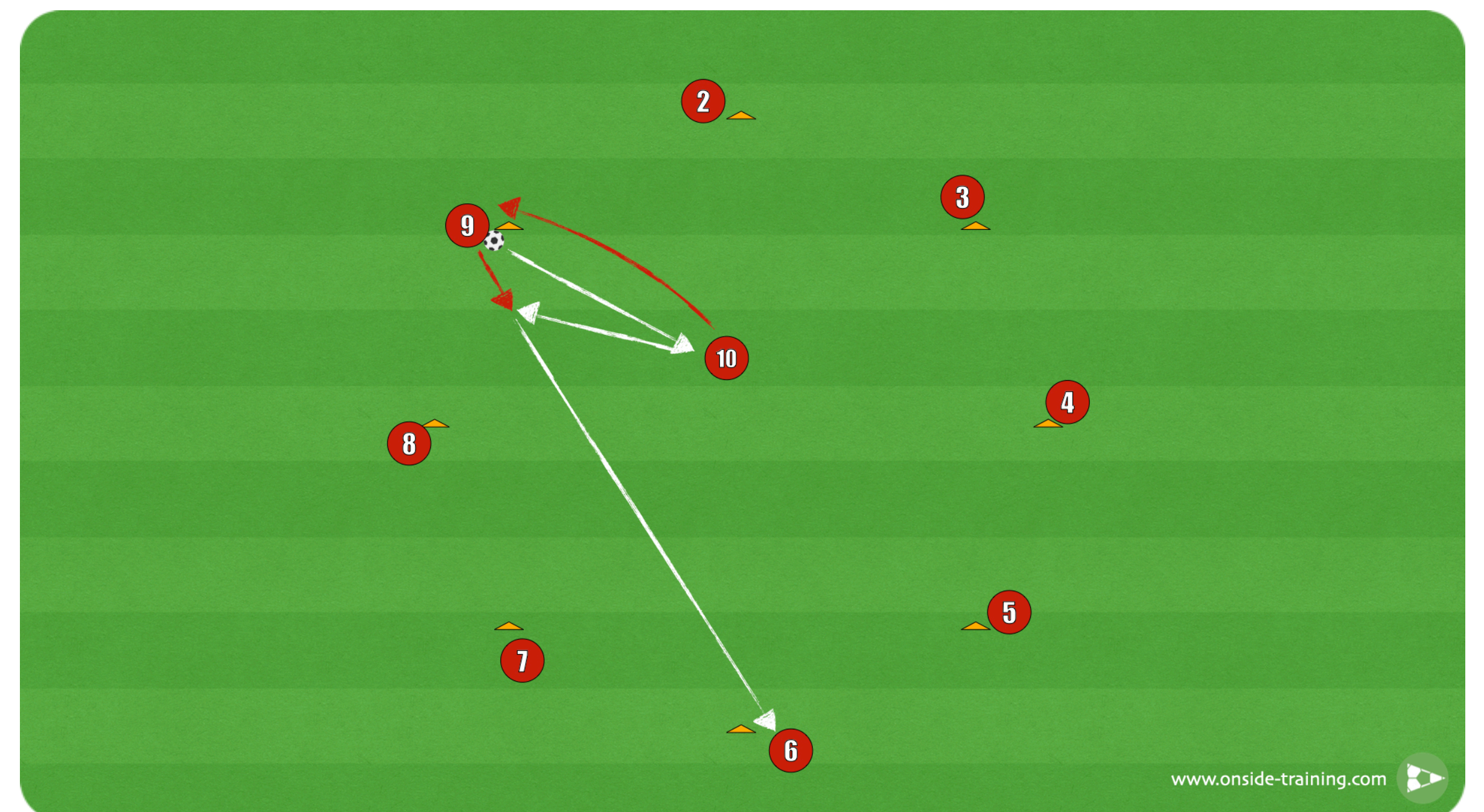
1. Variation:

In this variation, a player positioned in the middle begins with the ball. The player passes to one of their teammates and then proceeds to move directly to the position of the teammate they just passed to.

Upon receiving the pass, the teammate takes one touch and passes the ball to a new player.

2. Variation:

In this variation, players perform a quick one-two passing combination before passing the ball to another teammate. The main objective is to make first-time passes while trying to stay close together, allowing for fast and compact combinations. Players should focus on the speed and accuracy of their passes, aiming to create short and snappy passing sequences by positioning themselves near their teammates.



3. Variation:

In this variation, players go beyond the usual one-two pass and instead pass the ball to a different player, often referred to as 'the third man.' This change adds an extra challenge and keeps the drill engaging for the players by increasing the tempo of the exercise.

By incorporating the concept of the third man, players must swiftly identify and execute passes to teammates who are not directly involved in the immediate passing sequence.

