

THE BALL CONTROL CIRCLE DRILL



Players:
+14



Time:
20 min



Focus:
Warm-Up



Age:
U8+



Intensity:
4/10

SETUP

- Mark a circle of 8 cones around a centre cone, roughly 5 meters out and 2-3 meters apart.
- Place one player with a ball at each outer cone and 6 players inside the circle.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

The Ball Control Circle is a high-tempo warm-up built on quick pairs work. The inside players sprint out to a free outside player, receive a served ball, return it with the technique being trained and move straight on to the next free station. Work through foot control, chest to foot and headers, and add knee to foot or one touch returns to progress it. Rotate roles after 3-5 minutes so everyone works inside. The drill develops first touch, passing accuracy, coordination and work rate.

