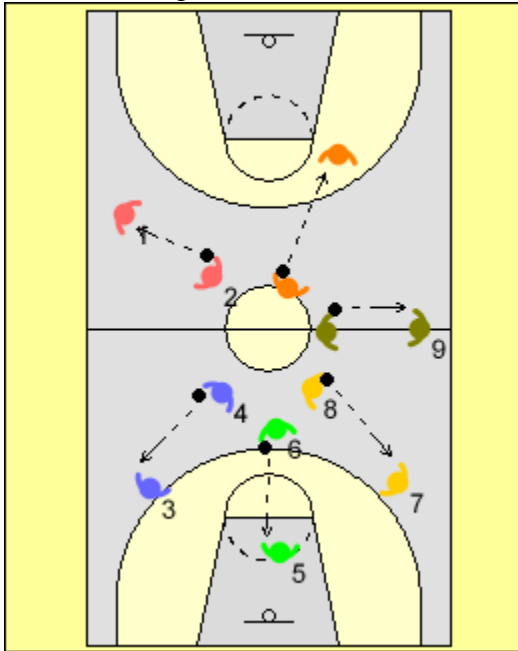


## Mike M<sup>ac</sup>Kay - Manager of Coach Education and Development

### Circle passing progression

Here is a drill I stole from soccer that builds into a great passing drill with lots of moving and communication.

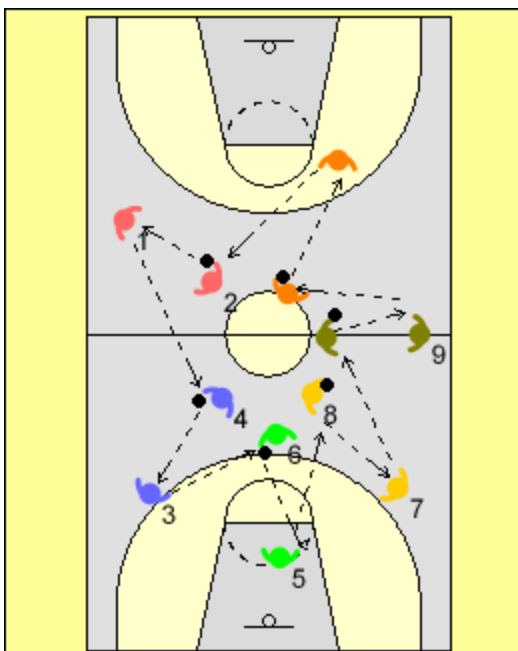


The twelve players partner up and form two big circles. The player on the inside circle has the ball. The partner on the outside circle faces in. The drill starts very simply with the players on the inside passing to the outside. It is a good way to introduce or review different passes.

#### Load the drill

- ❑ **Call change** - the players switch from inside to outside
- ❑ Each player has a ball and they must communicate when to pass the two balls at the same time
- ❑ Stationary dribble then pass when the partner shows ten fingers
- ❑ If they have two balls when the leader lightly touches the ball with the second hand that is the time to pass.

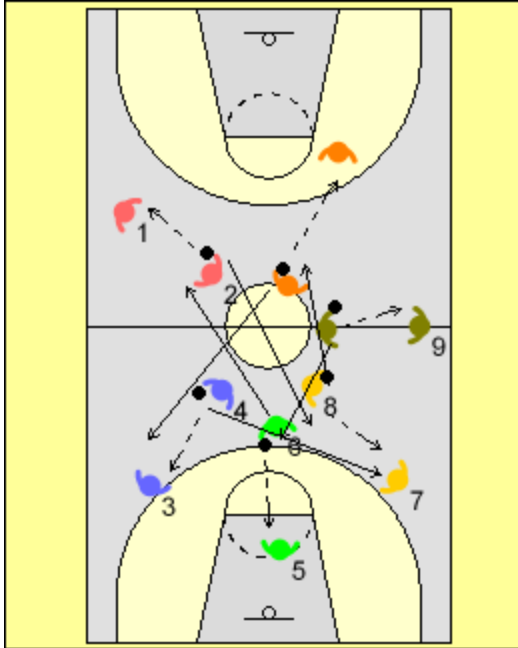
- ❑ Have the player move in and out, side to side or circle the other player must mirror with a the dribble. Pass when ten fingers are shown.



#### Pass around the circles

Here the player passes the ball to the next player in the opposite circle. With younger players start with one ball and progress up to 6 balls. Eventually you can move to twelve balls. This requires great communication and teamwork.

A fun passing relay for young players is to have the outside circle pass a ball around their circle at the same time the inside circle goes. See how many passes each a can make before the ball returns back to the person who started. Switch positions and try again.



### **Pass and move**

When the inside player passes he/she must now find a new partner to receive a pass from, who is located on the outside. Players must communicate and try to receive a pass from every outside player.

### **Load the drill**

- ❑ Players must dribble while waiting for someone
- ❑ The players must pivot
- ❑ Use two balls
- ❑ Call change - outside players become inside players
- ❑ The outside players must move after passing
- ❑ Everyone must move after passing
- ❑ Designate four players as defenders who put pressure on the passes