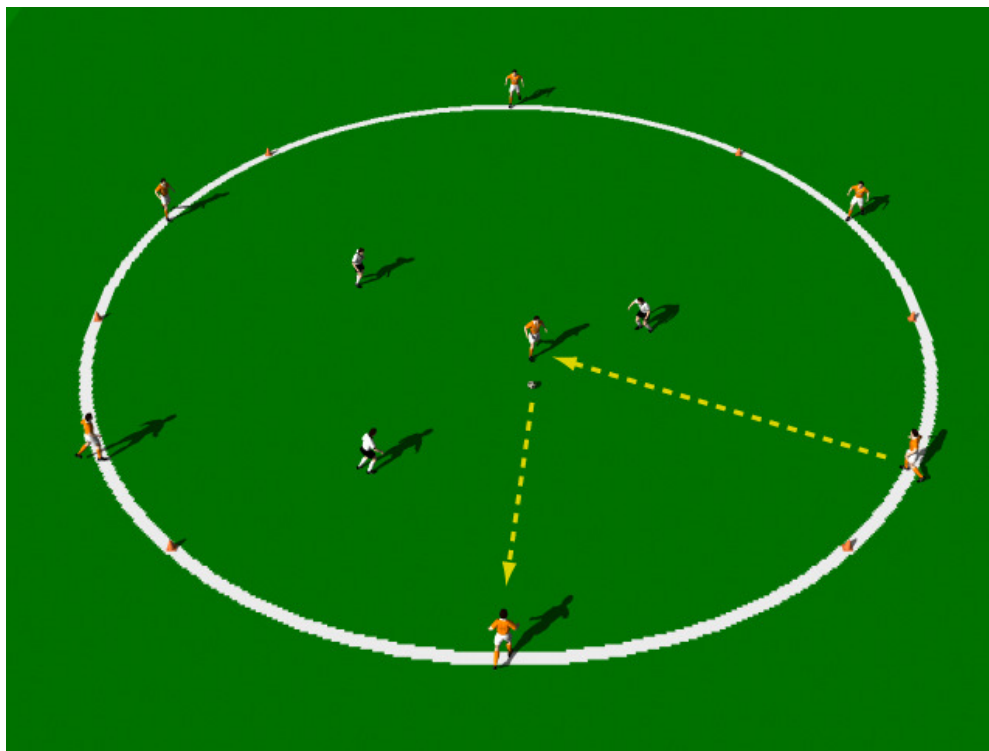


Circle Possession Game



Exercise Objectives:

This is a great game for producing quality passing techniques under pressure. The game can swiftly shift from 6 v 3 to 3 v 1.

Field Preparation

- 10 Players (7 v 3)
- Circle 20 yards in diameter.
- Supply of Balls and Cones
- Colored Bibs

Coaching Pointers:

Place six cones equally distance around the circle perimeter. Place one player between each cone. These players are restricted to moving on the line and in between their cones. Position one receiver and three defenders inside the circle. The object is for the seven player to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to “two touch, then “one touch” passing. If the defenders win the ball the must try and keep the ball away from the center player. If they get 8 passes they score a point.

Focus On:

- Quick exchange of the ball, quality passing.
- High pressure defending
- Communication

