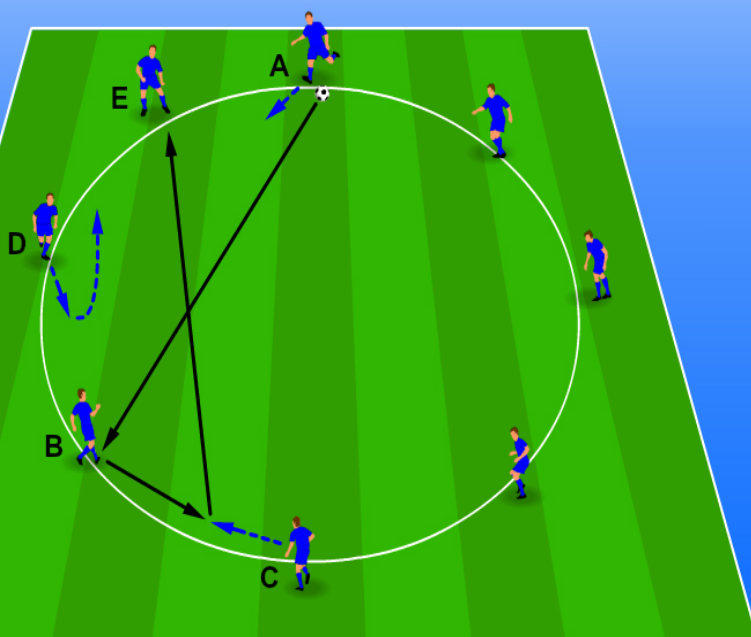


A

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Procedure:

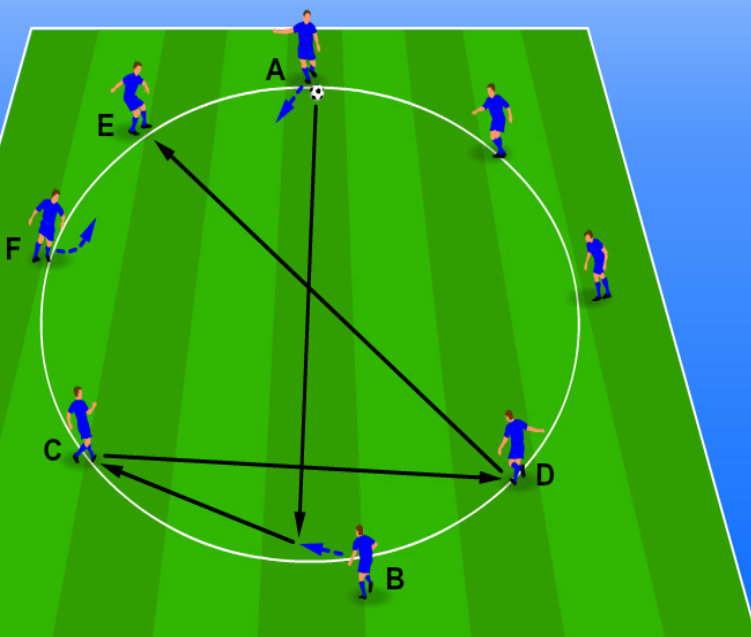
Diagram A – In the first part of the drill, the players pass the ball around the circle in a short, long pattern. In the diagram, Player A passes to Player B, and the players next to him – Players C and D step inside the circle to show for the short pass. Player C gets the short pass, and plays the next ball long across the circle to Player E. Players D and A support the pass.

Diagram B – In the second part of the drill, both of the support players are involved in a short, short, long passing sequence. Player A plays the long pass to Player B as Players C and D move to support the ball. After Player C receives the short pass, he plays short across the circle to Player D, who then plays a long pass to Player E. Players A and F move to support Player E.

All passes are made in one or two touches. Long passes should be as long as possible.

Coaching Points:

- 1 Preparation – Open your stance, see the entire circle.
- 2 Speed of Play – Show for the short pass BEFORE the player receives the long pass.
- 3 Communication – Always be verbally involved in play.

B

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Progressions:

- 1 Limit certain players to one touch. Or require that certain passes (long or short) be hit first time.