



Passing Circle- Warm-Up Drill with Progression

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 02-Feb-2025 09:55h

Duncan Hawkins, Crossfield, Canada

Description

GOAL: Pass and Movement

PLAYER ACTIONS: Movement with Ball and Movement Off the Ball.

KEY QUALITIES: Being able to read the play and move into position to support the play.

SKILL ACQUISITION:

Ball Mastery: Being comfortable to dribble and pass with both left and right foot.

Vision: Being able to look up to see where the place the pass or move into position to support the play.

Movement: Moving with purpose and into position to support the play.

Passing Circle- Activity 1 (20 mins)

OBJECTIVE: This is a warm-up to get players warmed up for passing and movement.

PLAYER ACTIONS: Players will be dribbling with the ball, making passes, and reacting by moving into space to receive pass/ take up a position in the drill.

ORGANIZATION: Set up the group in a large circle with one ball.

Activity 1: 1 player is inside the circle dribbling the ball. Player with the ball makes a pass to a player on the outside of the circle (1). A player standing to the right of the player that is receiving the ball will move into the circle to receive a pass (2). Player that is receiving the pass is to make a pass out to the player entering the circle (3) and the player that made the initial pass, overlaps the player on the outside of the circle to take up the position of the player entering the circle (4).

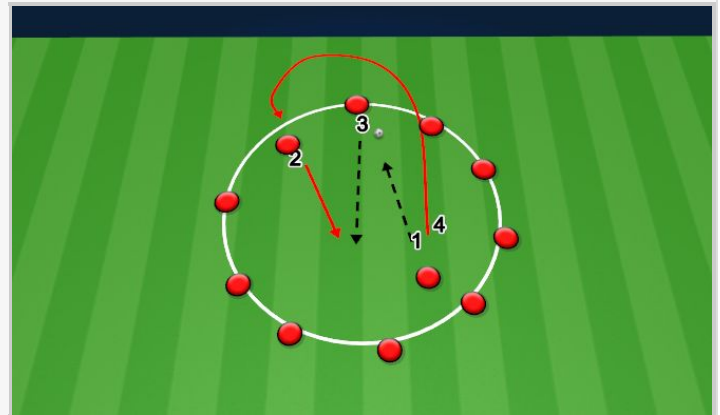
RULE: After a period of time, switch up who goes into the circle. Start with the player to the right of the player receiving the pass to now the left. Look to also alternate the movement of the player coming out of the circle. Instead of overlapping the receiving player, look to have the player instead overlap the player coming into the circle. This will help train the passer to focus on who to pass to when there is additional movement in the field of vision of the passer. Players are to be quick in their response and run into the circle.

KEY WORDS: Look for players that are ready to receive a pass. Communicate continuously.






GUIDED QUESTIONS: For the passer, how can you tell if a player is ready to receive a pass

ANSWERS: Look for players that are in a ready position and note standing flat-footed. Also look for those players that are also communicating.

Note: Players are to call for the pass each time they are ready. This is to get players used to communicating instructions with other players.

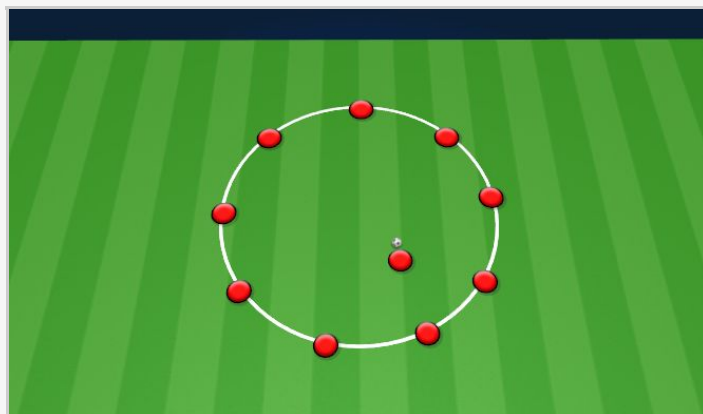


Learning Objectives






	Technical (20%) - Being able use both left foot and right foot, - Difference in two-touch and one-touch, - Passing while in motion,
	Tactical (20%)
	Physical (20%) - Quick reaction, - Passing with both legs, - Balance-Coordination, - Agility, - Over-lapping runs
	Psychological (20%) - Focus on the path of the ball to prepare to receive, - Being able to understand passing technique, - Being focused and prepared for reaction
	Social (20%) - Communication, - Listening to instruction on drill, - Celebrate correct technique

Activity 1- Movement (20 mins)

Activity 1

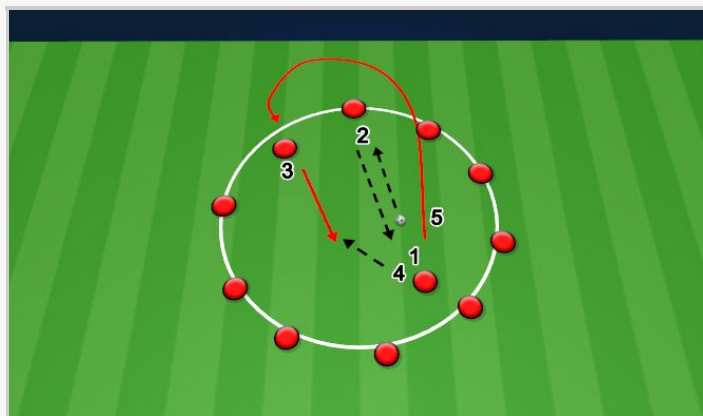


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Passing Circle- Activity 2 (20 mins)

Activity 2: Same set-up. Player with the ball will play a pass to a player on the outside of the circle. Player receiving the ball will pass back to the player who made the initial pass. A player to the right of the player receiving the ball will be in motion into the circle on the initial pass. When the initial player receives the pass back, the ball will be touched to the player entering the circle. The initial player will then run and take up position of the player who entered the circle the same as in Activity 1.

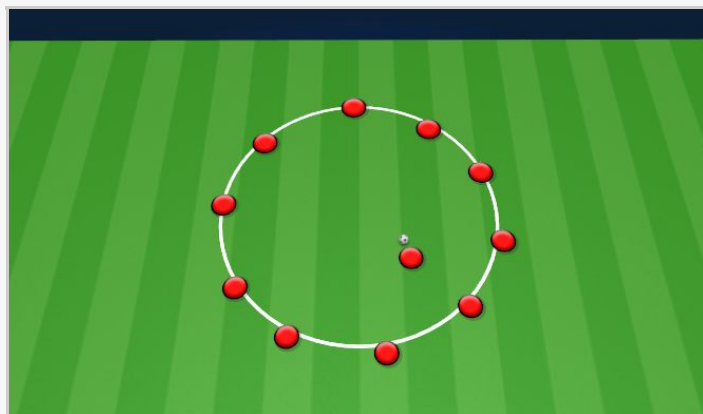


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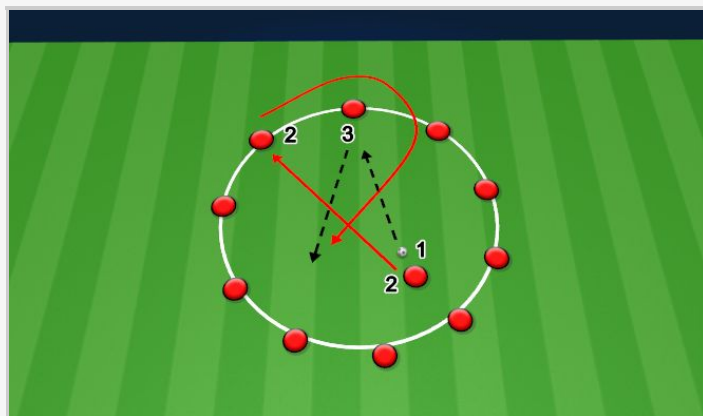


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Passing Circle- Activity 3 (20 mins)

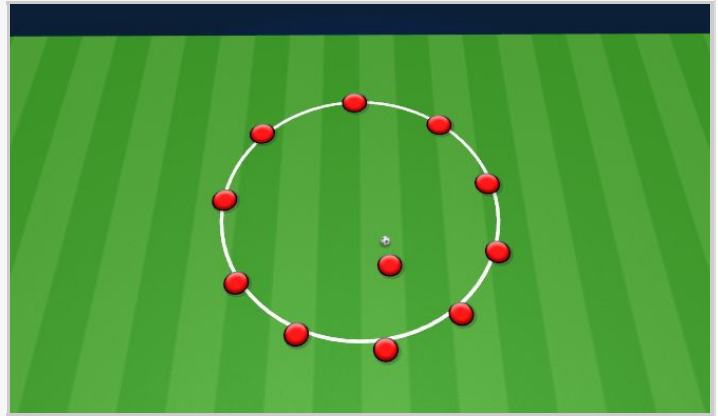
Activity 3: Same circle. Player with ball (1) will pass to a player outside the circle (3). The player to the right of the player receiving the pass (2) will quickly overlap the player receiving the ball and move into the circle to now receive the pass. Player who made initial pass will move to the spot that is now open (2).








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