

Score through the circle

Objective – passing and receiving

Game
Focus
Reset
Progression

1. Big circle use the football one in the middle of the pitch
2. 8-10 players 2 teams
3. 2 players on outside of circle to receive or send ball in
4. Players pass across circle to score – either direct or using their own players to help
5. Outside player cannot move
6. When lose ball then swap with outside player

Attackers

1. Move defenders to get long passes
2. Speed
3. Possession

Defenders

1. Close channels
2. Hunt in pairs
3. Force mistakes

Transition/Reset

1. Restart when ball is lost or goal scored
2. Coach throws ball in

Progression

1. Add/remove players

2. Up the scoring ante

3. Time to score

4. One touch

5. 1 pass = 3 goals, 2 passes = 2 goals, 3+ passes = 1 goal

