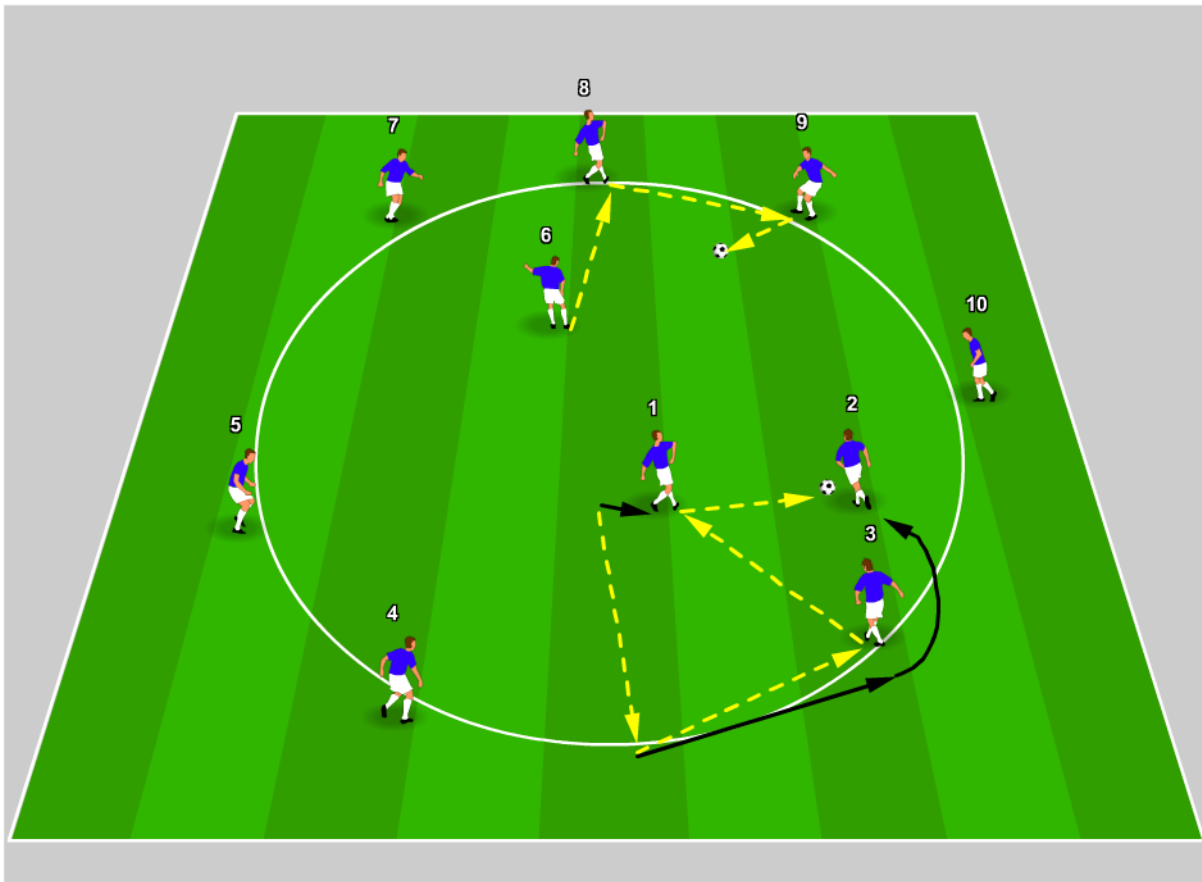


Circle Drills to Improve Speed of Play and Movement



Date:	11 Feb 2011	Measurement:	20 x 20 yds
Time:	-	Players:	8+
Duration:	5	Level/Age Group:	8+

Description: Player 1 plays to any player on the outside, in this case player 2 who quickly makes the decision to play to a player to his right or left. Player 2 decides to play to player 3 on his right who passes first time to player 1. At this time player 2 must make a run around player 3 to receive a lay-off from player 1. Player 2 dribbles to find another player open on the outside. Player 1 takes player 2 position. You can introduce more balls depending on your players ability and numbers.

Objective: To develop passing, receiving, speed of play and movement.

Coaching Points:

1. Players on outside must be ready at all times
2. Players must create space by checking away before receiving the ball, that extra yard makes a difference.
3. Passing technique must be quick and firm
4. Body shape of receiving player must be open

Progression: 1. Player 2 plays to player 3 who dribbles inside to create space, at this time player 2 makes an overlapping run to receive in space.

This Drill was Circle Drills to Improve Speed of Play and Movement DVDs

Circle drills have been used on the training fields of English Premier League teams over the past 20 years, specifically to train players to move faster, think quicker and make instant decisions based on the situation around them. Over the years, ***these circle drills have been adopted by coaches all over the world.***



Purchase the DVDs

Rest of the World Shop:

<http://shop.soccertutor.com/Circle-Drills-To-Improve-Speed-of-Play-vol-1-and-2-p/wcc-d4137.htm>

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Diagrams were created using www.SoccerTutor.com Tactics Manager Software

<http://www.soccertutor.com/tacticsmanager>