

# Technical Circuits



Direct from  
Pep Guardiola's  
Training Sessions

“It's not enough to just run, jump, go to the gym, stretch, recover. Rather you need to bear in mind the fundamentals of the style of play every time that you prepare a training session. And at times, the nuances he gives you. I call them Pep's exercises.”



## Lorenzo Buenaventura

Assistant Head Coach and Fitness  
Coach at Manchester City -  
previously Bayern Munich  
& FC Barcelona

# 10. Passing, Dribbling and Finishing in a Complex Technical Circuit



## Circuit 1

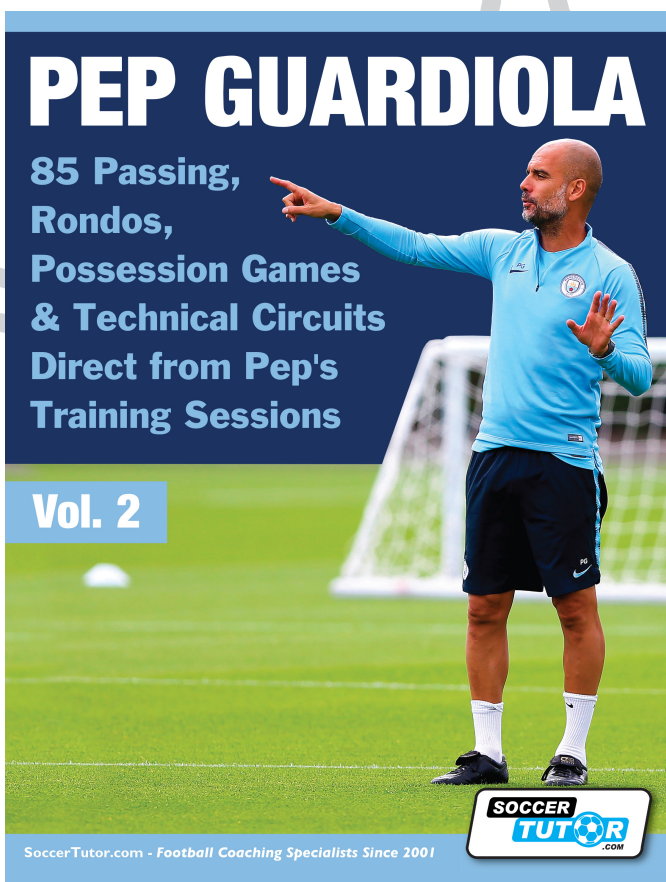
1. Player A plays a 1-2 combination with Player B, who moves to one side (outside of cone triangle) to receive.
2. The same is repeated on the opposite side.
3. Run forward to receive the pass from Coach 1, dribble under the 1st arch and then under the 2nd arch (right or left).
4. Dribble through the yellow poles.
5. Play a 1-2 combination with Coach 2 to receive in behind the first 2 mannequins.
6. Play a 1-2 combination with Player C to receive beyond the next 2 mannequins and shoot.

7. Player C sprints to Circuit 2. The players rotate positions (A -> B -> C -> opposite circuit).

## Circuit 2

1. Two-footed jumps over the red hurdles.
2. Jump up and head the ball thrown up by Coach 1 over the mannequin.
3. Run (slalom) through the yellow poles.
4. Receive from Coach 2 and dribble through the mannequins.
5. Play a 1-2 combination with Player B to receive beyond the 3 mannequins and shoot.
6. Player B sprints to Circuit 1. Player A moves to Player B's position.

**Source:** Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 31st July 2018



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