



Diagram Key:



Player running with ball



Pass



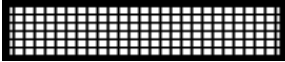
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Ball Circulation 1 (3-6-7/11), variation 2**

**Category:** Passing/Ball Circulation

**Practice Segment:**

- Technical
- **Skills:**
- Passing and Receiving

**Players:** Full Team

**Time:** 20 min

## Ajax Basic Passing Sequence:

- Markers set as shown
- 1-3 players per marker depending on number available
- Balls at each start point
- Player at “A” moves off of marker to show for ball from “B” and stands “sideways on.”
- Player from “B” plays ball to “A’s” front foot
- As “A” receives and looks up, “C” will begin to move off of cone into space
- “A” plays a ball into the space ahead of “C” for “C” to run onto
- Sequence is duplicated from opposite end. One ball is played from each end simultaneously.
- Players follow ball to rotate

### Focal Points:

- Timing of movements without ball
- Weight and accuracy of pass
- Awareness of “cues” and where to play ball based on cues of player receiving
- Quality of movement through slalom

