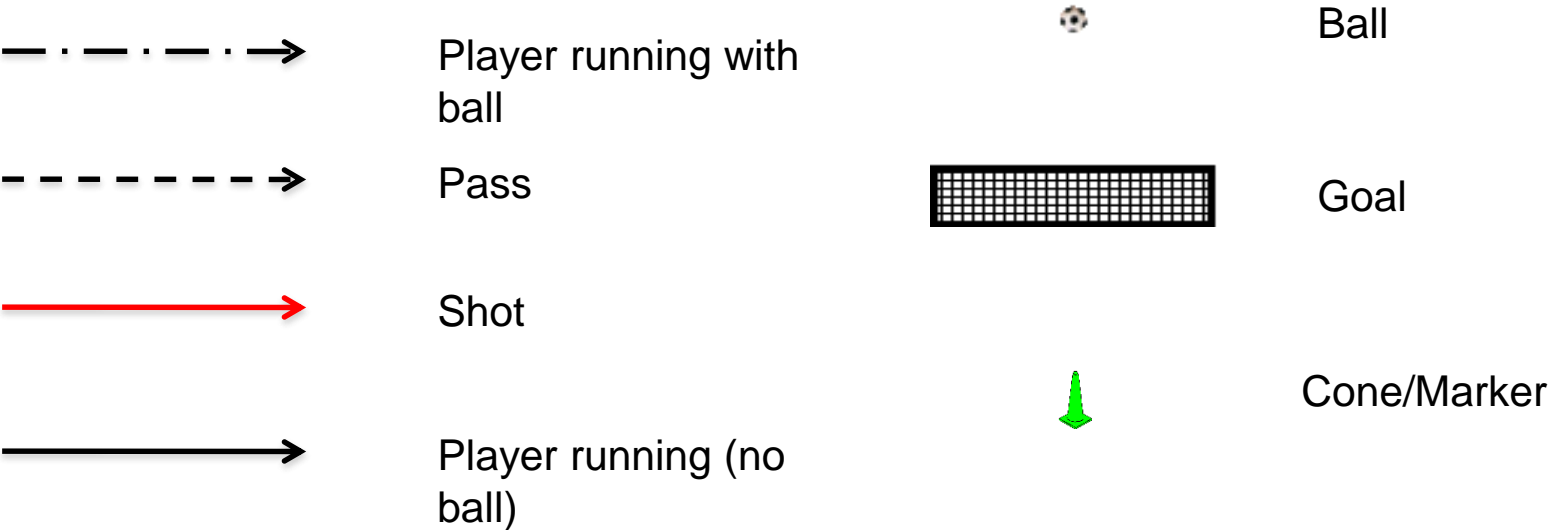




Diagram Key:



Central Ball Circulation (3-8/10-9) for Shot, phase 1

Category: Passing/Ball Circulation, Shooting/Ball Striking

Practice Segment:

- Technical
- **Skills:**
- Passing and Receiving
- Shooting/Ball Striking

Players: Full Team

Time: 20 min

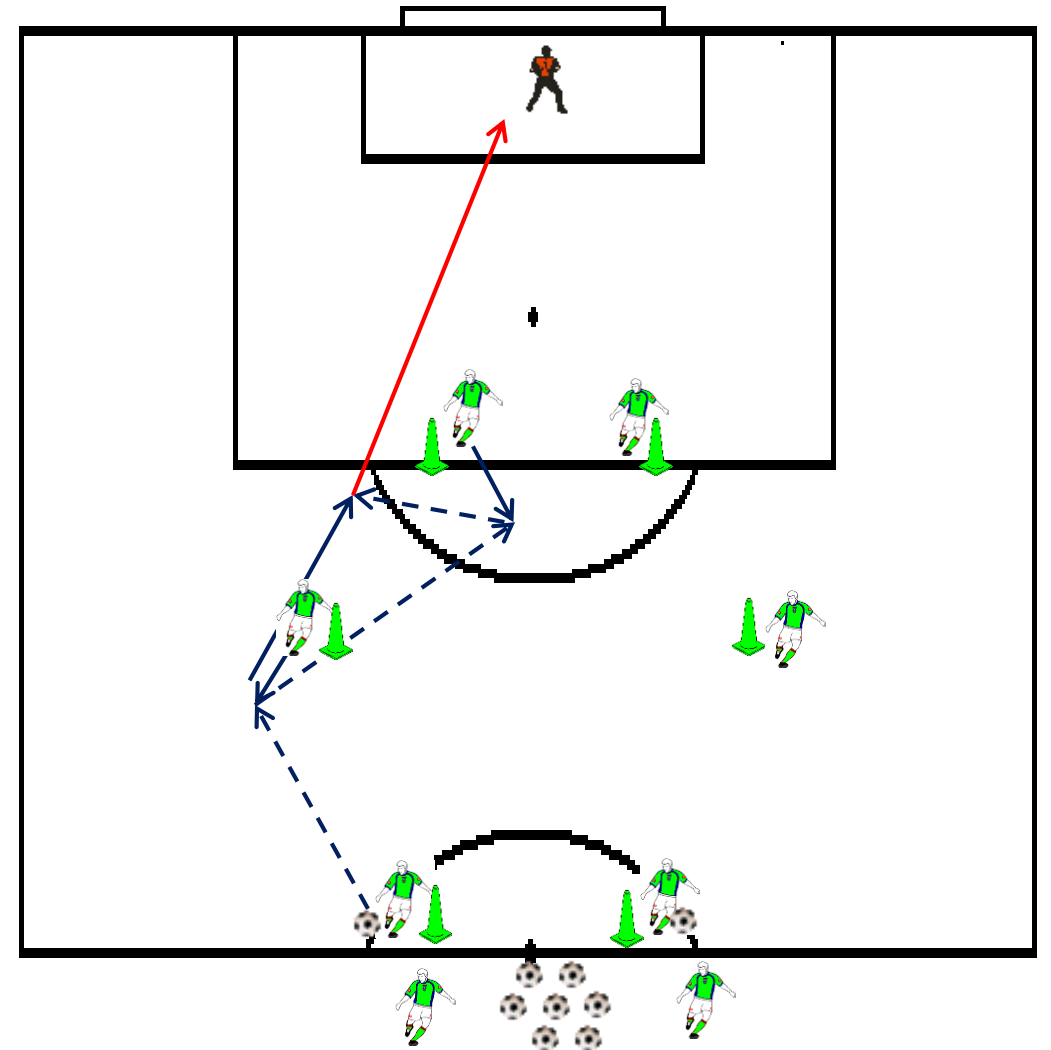
Tactical Circulation: Center Mid/Fwd, phase 1:

Set Up:

- Cones set up as shown to show starting points for the center back, center mid, and center forward
- Separate set-up on each side of the field through the center corridor
- Balls at midfield

Action:

- The center mid player begins the sequence by moving off the cone at an angle to become available for the ball from the center back. The player must be sideways on.
- The ball is played to the center player's front foot and must be controlled with the inside of the front foot. Center player is told to "turn."
- As the center mid controls and looks up, the center fwd shows for the ball in the space ahead of the mid's hips.
- Mid plays ball to fwd with BACK FOOT and moves to get ball back in the space in front of the forward's hips as shown.
- Midfielder controls and shoots at full speed without slowing down.
- Center forwards do not rotate each repetition. They can be replaced periodically. The only other rotation is between the center back and center mid spots. Players can alternate sides after a turn at each spot on one side.
- Sides alternate so that there is only one shot at a time.



Tactical Circulation: Center Mid/Fwd, phase 1:

Focal Points:

- Players at places other than the starting point must move before the ball is played!
- Players must move on angles and must pay attention to their body orientation to the field and other players when receiving.
- The ball must be received with the front foot and played with the back foot during this phase-THIS IS THE MOST EFFICIENT WAY TO MOVE THE BALL THROUGH THE SEQUENCE.
- As comfort with the technique increases, the speed of the players' and ball's movement must increase until it is at GAME SPEED.
- The run for the last pass from the target forward must be a full sprint, and the shot must be put on target without the shooter slowing down to control the ball.

