



Diagram Key:



Player running with ball



Pass



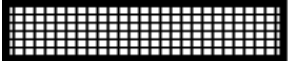
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Central Ball Circulation (3-8/10-9) for Shot, phase 2

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 2:

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. **We will assume this player is tightly marked and not an option to receive the first pass.**
- If the center player is marked tightly, the player's movement away from center to show for the ball will have opened space (A) allowing us to play directly to the target. The first pass now bypasses the center player to the target.
- As the ball is bypassing the center player, that player can not run into the pocket of space that has been created (B) to receive the ball from the forward for a shot.

Focal Points:

- The same set of points applies with the change of pace of the center player when moving and the timing of that player added.
- The first pass must also be hit quite hard as it is covering twice the distance and going into an area likely to have many people in it.

