



Diagram Key:



Player running with ball



Pass



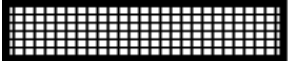
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

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

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 3:

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
- Central positions now have 2 players ready on each side. The second of each pair is holding a training bib in one hand.
- 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 holding the bib is a “shadow defender” who must either stay at the cone or “mark” the center player tightly when he shows for the ball.
- If the center player is not marked (A), that player can receive the ball and play through the same sequence as in phase 1 to create a chance to shoot.
- If the center player is marked tightly (B), the player on the ball AND the target must recognize the situation and the ball must be played through the target to create the chance for a shot by the center player.

Focal Points:

- All previous coaching points apply.
- Players must recognize the appropriate cues and make the correct decisions based on what is happening.

