



Diagram Key:



Player running with ball



Pass



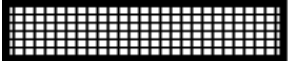
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **“Y” Ball Circulation to Goal, variation 3**

**Category:** Passing/Ball Circulation, Shooting/Ball Striking,

### **Practice Segment:**

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

**Players:** Full Team

**Time:** 20 min

## ***“Y” Ball Circulation 1, var. 2 to goal w/defender:***

### **Set Up:**

- Cones set in a “Y” shape.
- Top of “Y” is approximately the width of box
- “Stem” of Y should be 12-15 yards, the distance from center defender to center midfielder in attack

### **Action:**

- Player from “center” pulls away from cone as if freeing from a defender and shows for pass on the half-turn, facing the desired playing direction
- Ball is played with pace to the front foot of the center player.
- Center player receives with front foot, taking first touch toward the desired direction of play and out of his/her feet and plays to the end of the Y on that side with back foot.
- Player at the end of the Y opens to show for pass as he/she sees hips and eyes of center player and preparation of ball. After initial movement to open, the player makes a lateral run across the top of the box toward goal
- Center player plays ball to hit the runner, and the receiving player controls with front (goal side) foot and takes on defender on line between cones.
- If defender wins ball, attacking player becomes defender.

### **Focus:**

- Tempo/speed of play
- Control and pass/shoot with correct foot!
- Quality of last pass

