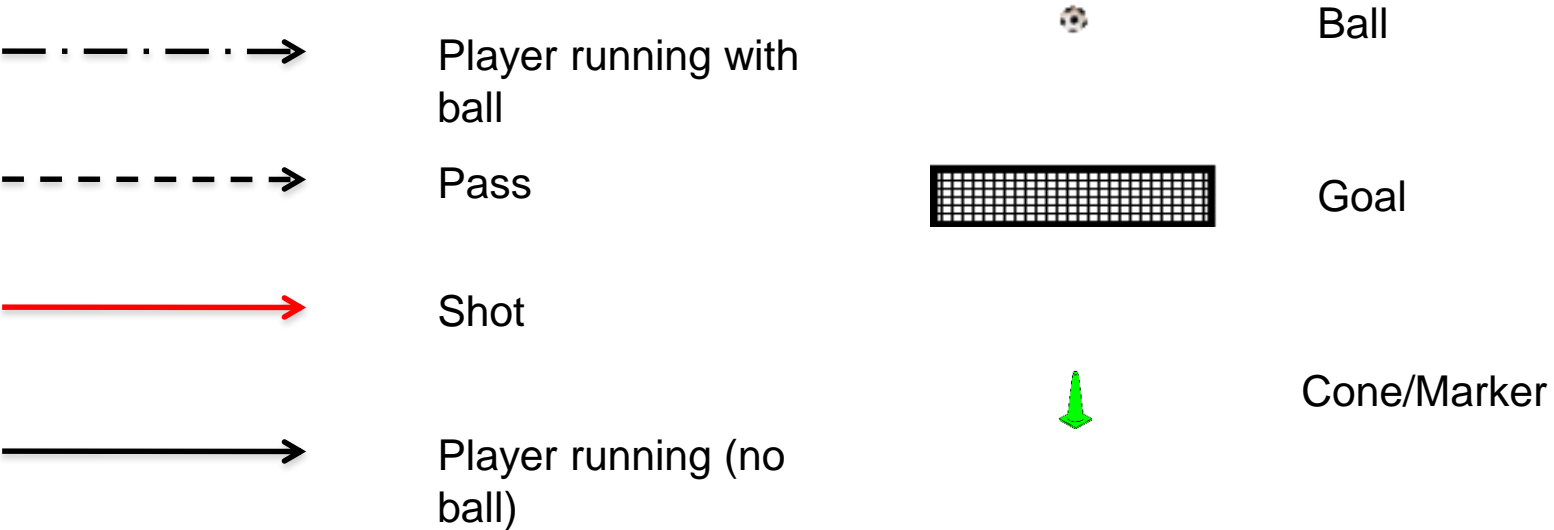




Diagram Key:



“Y” Ball Circulation, variation 1

Category: Passing/Ball Circulation

Practice Segment:

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

Players: Full Team

Time: 20 min

“Y” Ball Circulation, var. 1:

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
- If “Y” is smaller, the same angles/proportions should be used as in bigger set up

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.
- “End” player receives and takes first touch moving back toward the start point.
- Cone or defender on a line can be added to add 1v1 element.

Focus:

- Quality of technique!
- Speed of execution!
- Be smooth and relaxed with ball!

