



## Academy Passing Circle

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

Derek McMullen, CFJ South, United States of America  
Individual-Adult Member

### Academy Passing Circle (10 mins)

10-15 Diameter Circle

2 players/ cone for 4 cones

No players on other half

Players start with their hands and toss the ball around from player to player.

After they pass the ball they run straight across to another cone to receive the ball again.

Once they receive the ball again they pass it again around the circle and go back to where they started.

#### **Progression:**

- Go to Feet
- Go opposite Direction
- Put defenders in Middle and play keep away.

#### **Modification:**

- Can have players start in a circle to work on just the technique and then add the movement into it.

#### **Coaching Points**

- Fast Movement after pass
- Open the body to field
- Receive Across your Body
- Receive Left pass Right
- Receive Right pass Left
- Check shoulder
- Communication

#### **Training Focus**

Technical: Passing and Receiving

Physical: Aerobic Power, Reaction, Acceleration, Maximal Speed, Endurance

Psychosocial: Communication, Concentration, Commitment

