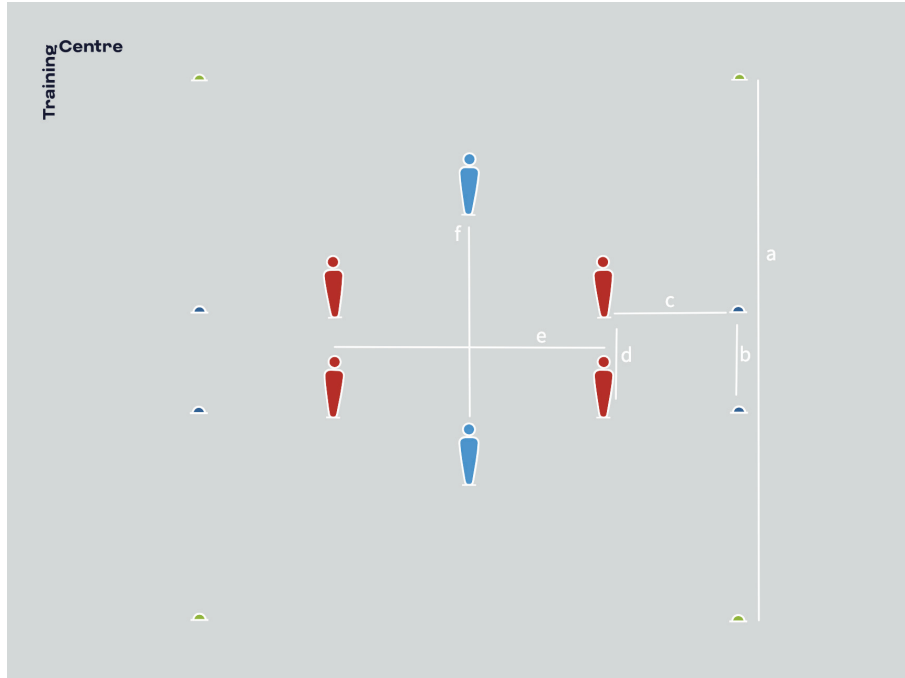


Technical activation —●— Circuit 1

SET-UP FOR ALL DRILLS



Organisation

- Lay out a 20x20m square using flat green cones (a).
- Create two, 2m-wide gates using flat blue cones (b).
- Position red mannequin gates 5m from the flat blue cones (c).
- Place the red mannequins 2m apart from each other (d).
- Position the two red gates 10m apart (e).
- Place two blue mannequins 10m apart (f).
- In the event that no mannequins are available, cones/discs or poles may be used instead.

Drill duration

- 5 players: 2 to 3 minutes.
- 6 to 7 players: 3 to 4 minutes.

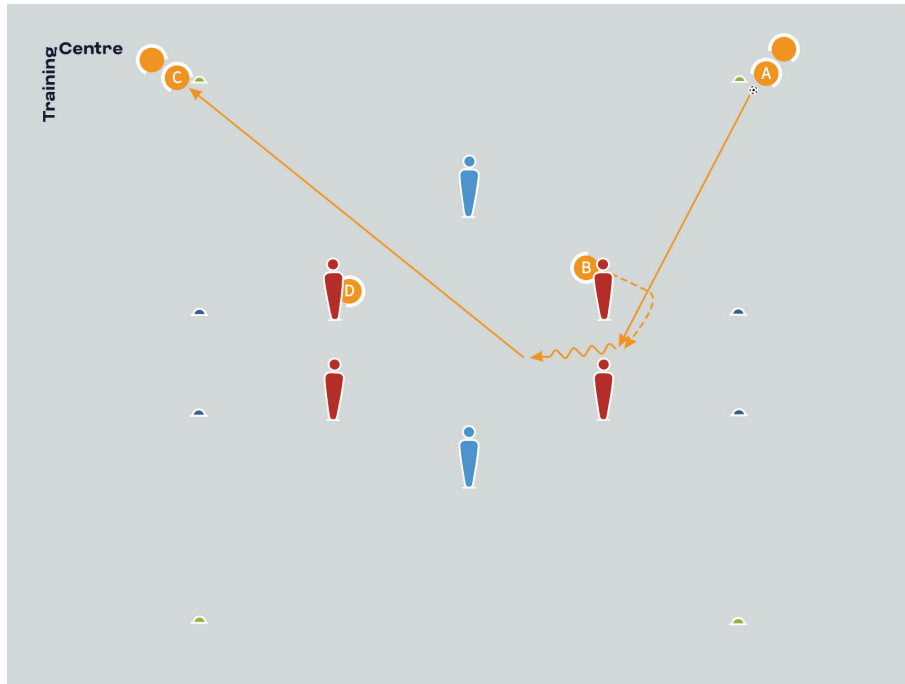
Approximate workload intensity

- 5 players (optimum number): medium to higher intensity.
- 6 players: lower to medium intensity.
- 7 players: lower intensity.

Coaching points that apply to all drills

- Allow players 30 seconds to find their tempo and familiarise themselves with the scenario, before gradually raising the intensity demands.
- Devote a period of time (minimum of 1 minute) during each drill to focus on high tempo, correct technique, technical balance and reinforcement of awareness habits.
- Encourage players to move quickly between positions.

DRILL 1: MOVE BALL ON FIRST TOUCH, PLAY IT ON SECOND



Sequence

- A plays a pass between the gate to B.
- B quickly appears from behind the gate to occupy the space in front of it and, positioned as if set to peel away on the half-turn, lets the ball run across their body to the farthest foot, before pushing it forward and driving through the gate with their first touch.
- With their second touch, B quickly plays a forward diagonal pass to C.
- C then follows the same sequence with D.

Player rotation

- Every player follows their pass to ensure player rotation.
- A moves to B.
- B moves to C.
- C moves to D.

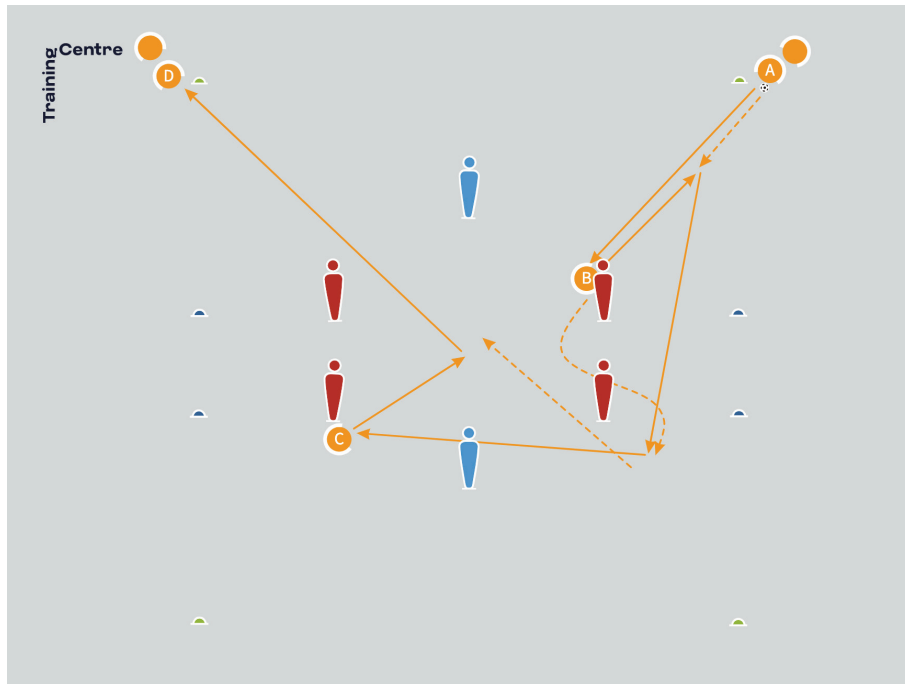
Coaching points

- Encourage "server" players (A and C) to be switched on and ready to play the pass quickly.
- Players should play with their heads up and scan the area they are receiving the pass from and where they intend to pass to.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- This drill is technically balanced, requiring an equal use of left and right foot.

Focus on B's technical balance, cohesion & habits

- Players are to move the ball forward and into space with their first touch whilst on the half-turn, before quickly playing a diagonal pass with their second touch.
- B should shift the ball on to their left foot and play a left-footed pass. D should shift the ball on to their right foot and play a right-footed pass.

DRILL 2: FIRST-TIME PASS DOWN THE LINE AND COMING INSIDE



Sequence

- A plays a pass to B at the outer edge of the gate.
- B appears from behind the gate and takes a position on the outer side of it, before laying the ball back to A.
- B then runs through the gate at pace and peels away on the half-turn.
- B advances past the gate, taking a touch if necessary, before playing a straight pass down the line to C.
- B makes a diagonal run on the inside to receive the lay-off played by C.
- B completes the sequence by playing a first-time pass to D, who is situated at the other end of the grid.
- D then starts the same sequence with C, who becomes the main player.

Player rotation

- A moves to B.
- B follows their pass to D.
- After having laid the ball off, C returns to the starting position and begins a new sequence with D.

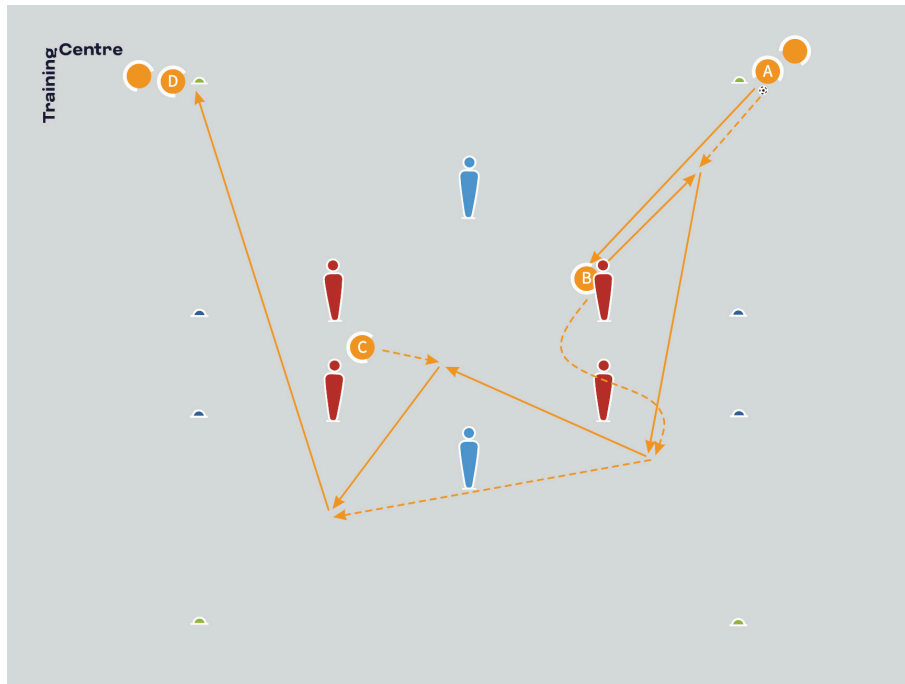
Coaching points

- Emphasise and encourage the one-touch and movement aspects of this drill.
- Players should play with their heads up and scan the area they are receiving the pass from and the intended destination of their own pass.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- Where possible, play a first-time pass when changing direction.
- Focus on the quality of the first-time lay-off and pass into the recipient's path.
- This drill is technically balanced, requiring an equal use of left and right foot.

Focus on B's technical balance, cohesion & habits

- The initial diagonal pass should be returned to A with a left-footed pass.
- The straight pass to C should be a left-footed pass.
- The diagonal pass to D should be a right-footed pass.
- The opposite feet to those stipulated above are to be used when D restarts the sequence (right foot, right foot, left foot).

DRILL 3: PLAY INSIDE, MOVE DIAGONALLY AROUND THE OUTSIDE



Sequence

- The sequence begins in the same way as Drill 2. A plays a pass to B, who lays the ball back before running at pace through the gate and peeling away on the half-turn.
- It is at this point that the sequence differs. B should try to let the return pass run past the gate, taking a touch if necessary, before playing a diagonal pass on the inside to C, who moves inside to receive the pass.
- B then makes a driving run on the outside and advances past the wide mannequin to meet the first-time return pass from C.
- If possible, B then plays a first-time diagonal pass to D, who is situated at the other end of the grid.
- If unable to play a first-time pass, B can take a touch by pushing the ball into space, before proceeding to quickly play a diagonal pass to D.

Player rotation

- A moves to B.
- B moves to D.
- C returns to the upper mannequin gate and starts a new sequence with D.

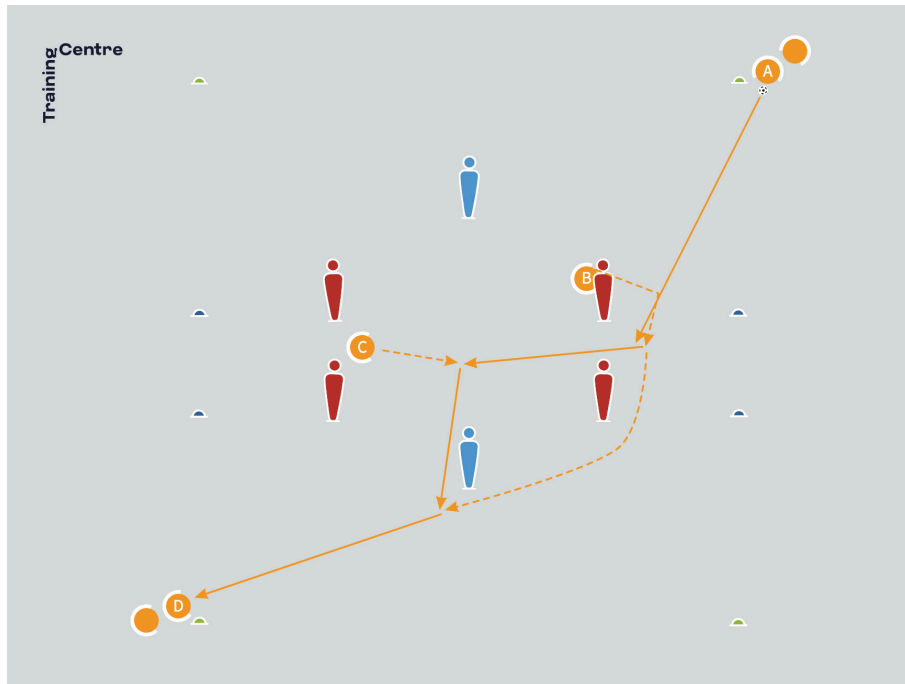
Coaching points

- Emphasise and encourage the one-touch and movement aspects of this drill.
- Players should play with their heads up and scan the area they are receiving the pass from and the intended destination of their own pass.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- This drill is technically balanced, requiring an equal use of left and right foot.

Focus on B's technical balance, cohesion & habits

- The first pass played back to A should be a left-footed pass.
- The pass played to C in the centre of the grid should be a left-footed pass.
- The diagonal pass to D should again be a left-footed pass.
- When D starts the next sequence with C, all passes should be right-footed.

DRILL 4: PLAY STRAIGHT PASS, MOVE AND PLAY PASS TO OPPOSITE END OF GRID



Sequence

- A plays a pass to B into the space between the gate.
- B appears from behind the gate and shows quick feet to get into a position to play a first-time pass to C, who is situated at the other gate.
- B races around the outer mannequin to receive a first-time pass from C.
- B plays a short, first-time pass to D to complete the sequence.
- D then starts the same sequence with C, who becomes the main player.

Player rotation

- A moves to B.
- B moves to D.
- C returns to the upper mannequin gate to become the main player in the next sequence with D.

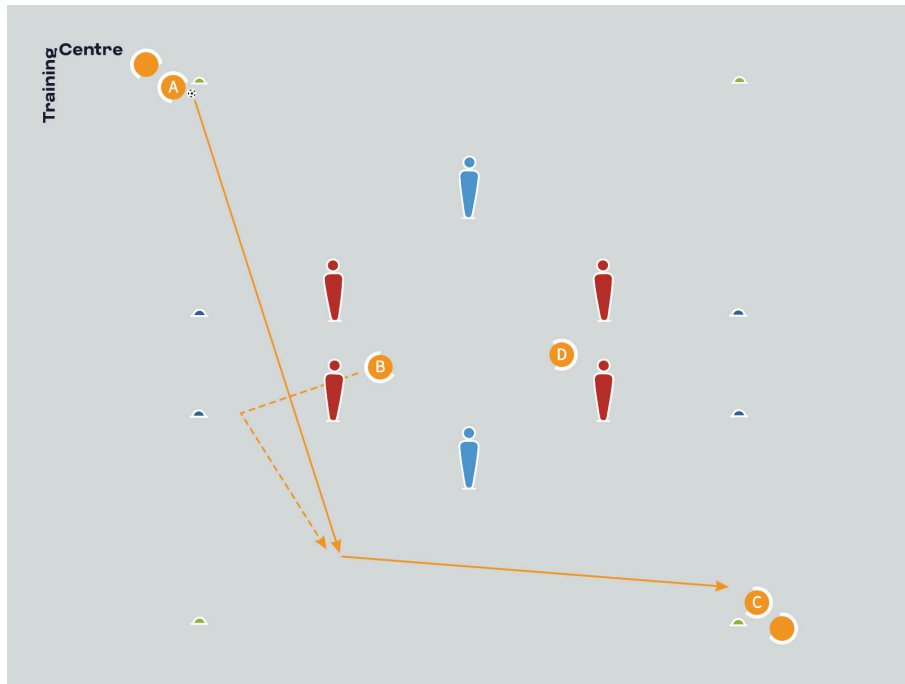
Coaching points

- Emphasise and encourage the one-touch and movement aspects of this drill.
- Players should play with their heads up and scan the area they are receiving the pass from and the intended destination of their own pass.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- NB: to promote complete technical balance, the directions and organisation should be inverted so as to encourage efficiency of movement and two-footedness.

Focus on B (and C's) technical balance, cohesion & habits

- Focus on quick feet.
- When starting the sequence from the top right-hand corner, both of the passes played by B should be left-footed.
- The lay-off played by C should also be left-footed.
- After inverting the set-up, B and C should play right-footed passes to promote technical balance.

DRILL 5: QUICK FEET TO LET BALL RUN AND FIRST-TIME DIAGONAL PASS



Sequence

- A plays a pass to B into the space beyond the mannequin gate.
- From a starting position behind the mannequin gate, B shows quick feet to run backwards through the gate before facing A on the half-turn and pivoting into an angled position that allows the player to continue the sequence to C.
- B should move quickly to ensure that once the ball has passed the diagonal line from the wide mannequin, they are in a position to play a first-time diagonal pass out to C at the other end of the grid.
- C then starts the next sequence with D.

Player rotation

- A moves to B.
- B moves to C.
- D becomes the main player for the next sequence.

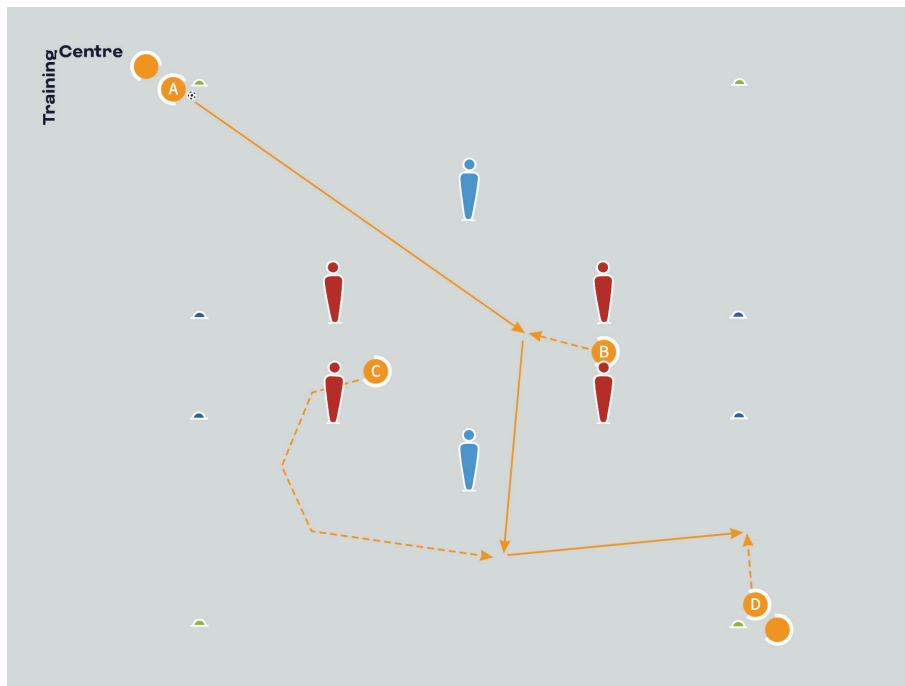
Coaching points

- Emphasise and encourage the one-touch and movement aspects of this drill.
- Players should play with their heads up and scan the area they are receiving the pass from and the intended destination of their own pass.
- Players must show quick feet as they play catch-up with the ball while letting it run across their body, before playing a quality first-time pass.
- Given that passes over longer distances require greater accuracy, the importance of B keeping their head up as the ball runs past their feet is even greater in this drill than in the others.
- NB: to promote complete technical balance, the directions and organisation should be inverted so as to encourage efficiency of movement and two-footedness.

Focus on B (and D's) technical balance, cohesion & habits

- B should play a diagonal, right-footed pass to C, who is situated at the opposite corner of the grid.
- The opposite applies to the inverted drill sequence.

DRILL 6: THREE-PLAYER SEQUENCE IN WHICH THIRD PLAYER IS IN MOTION



Sequence

- A plays a 15m (diagonal) pass into the path of B, who is positioned in front of the second mannequin gate.
- B plays an angled first-time lay-off into the path of C.
- C spins out of the gate and makes a timed run around the wide mannequin to receive B's lay-off into the space behind the mannequin.
- C then plays a diagonal pass into the path of D, who is positioned in the top right-hand corner.
- D then starts the next sequence with A, who has moved into the position previously occupied by C.

Player rotation

- A moves to C. C moves to D. D starts the next sequence with A.

Coaching points

- Emphasise and encourage the one-touch and movement aspects of this drill.
- Players should play with their heads up and scan the area they are receiving the pass from and the intended destination of their own pass.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- Another significant focus point is ensuring that the timing of C's run coincides with the actions of A and B.

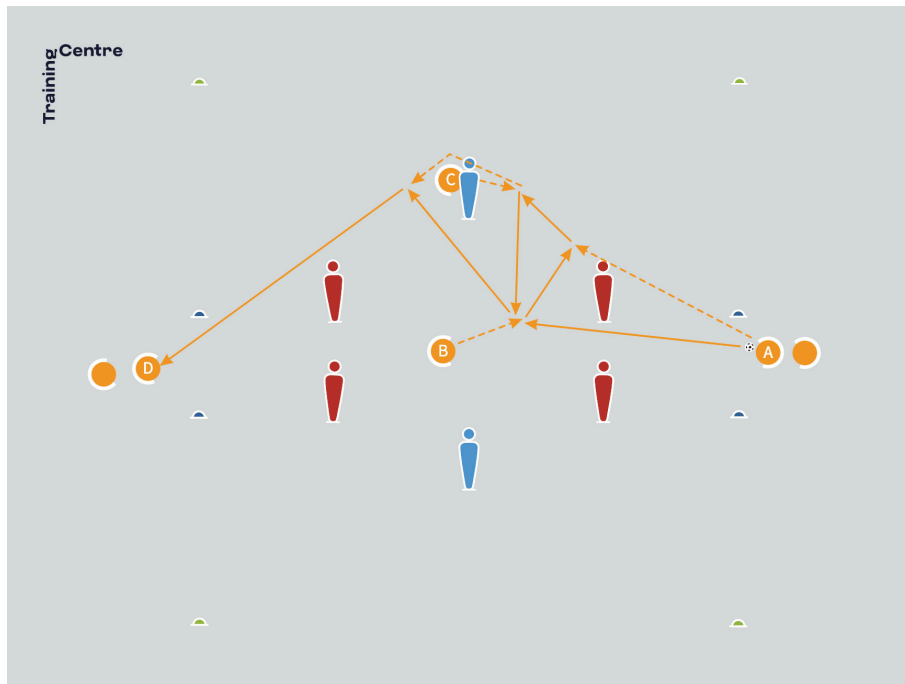
Focus on B's technical balance, cohesion & habits

- B may use either foot, depending on the quality of the pass from A and the receiving position.
- However, if A plays a good-quality pass, B should try to open up their body and meet the ball with a first-time, left-footed lay-off (the opposite applies when the sequence is inverted).
- The focus is on first-time lay-offs played with both feet and the coordination of movement between three players.

Focus on C's technical balance, cohesion & habits

- C should try to play a right-footed pass to D (the opposite applies in the inverted sequence).
- The focus is on first-time lay-offs played with both feet and the coordination of movement between three players.

DRILL 7: QUICK PASSING, MOVEMENT AND SUPPORT



Sequence

- A plays a straight pass to B through the nearest mannequin gate, before advancing diagonally to receive a lay-off from B.
- A then plays a short diagonal pass out to C, who is positioned outside the wide mannequin.
- C plays a short, first-time pass to B.
- B lays the ball off into C's path.
- C completes the sequence by playing a pass to D, who is positioned in the opposite starting position.
- D starts a new sequence.

Player rotation

- Every player follows their pass so as to ensure rotation and does so at pace.
- A moves to B. B moves to C. C moves to D.

Coaching points

- Encourage quick movement between positions, especially A and B.
- Emphasise and encourage the one-touch and movement aspects of this drill.
- Players should play with their heads up and scan the area they are receiving the pass from and the intended destination of their own pass.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- This drill is technically balanced, requiring an equal use of left and right foot.
- Focus on A's technical balance, cohesion & habits

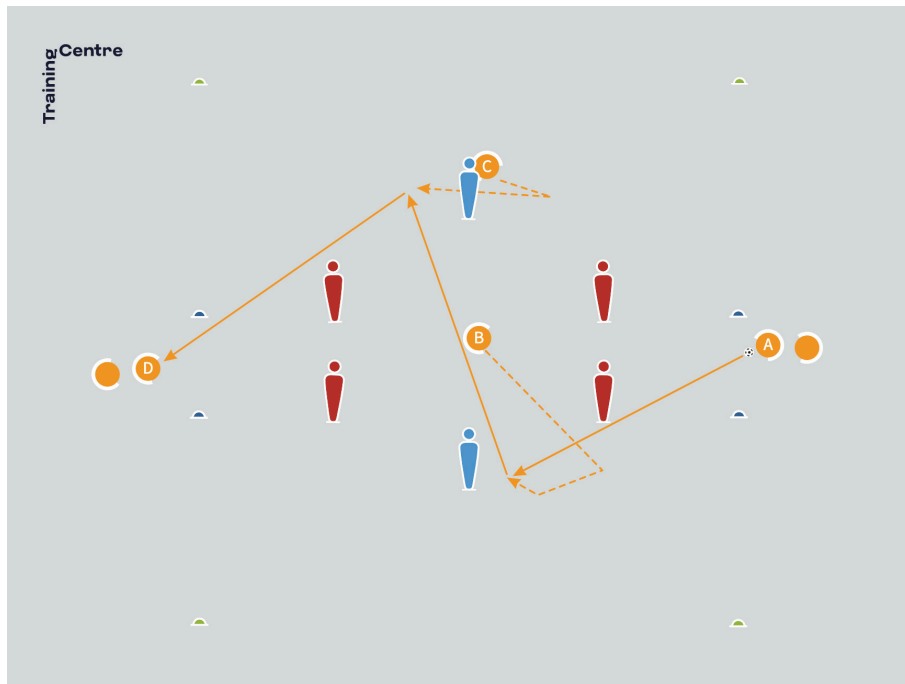
Focus on B's technical balance, cohesion & habits

- B should play passes to A and C with whichever foot is most suitable with a view to playing the pass early and speeding the sequence up.

Focus on C's technical balance, cohesion & habits

- C should play a one-two with B with whichever foot is most suitable with a view to playing the pass early and speeding the sequence up.
- When starting on the right side of the grid (as in the above illustration), the final pass of the sequence (to D) should be right-footed. When playing in the opposite direction, the last pass should be left-footed.

DRILL 8: TIMING AND MOVEMENT IN A THREE-PLAYER DRILL



Sequence

- A turns out and plays a short pass to the left, just outside the first mannequin gate.
- B starts between the two mannequin gates and receives the pass from A on the half-turn.
- B turns forward and plays a diagonal pass beyond the wide mannequin into C's path.
- C is positioned slightly behind the wide mannequin and makes a short (around 5m) burst to meet B's diagonal pass that is played into the space beyond the wide mannequin.
- C completes the sequence by playing a diagonal pass to D.
- D starts a new sequence.

Player rotation

- Every player follows their pass so as to ensure rotation.
- A races through the nearest mannequin gate.
- B quickly moves the ball out and into C's path at the wide mannequin.
- C moves to D.

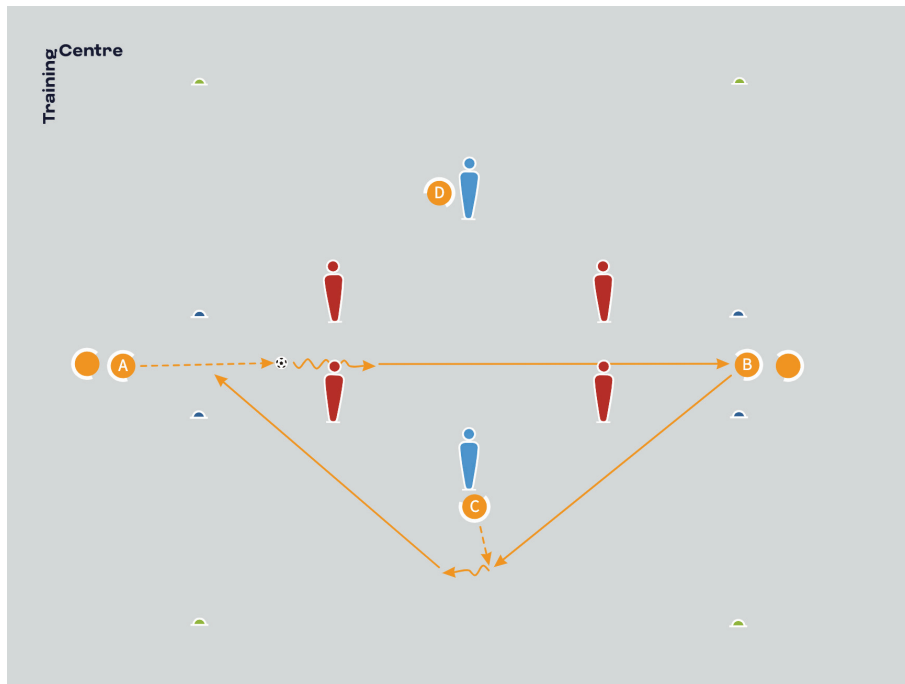
Coaching points

- Encourage quick movement between positions, especially A and B.
- Encourage B to scan towards C to receive the next pass and emphasise the importance of this.
- Encourage C to time their run to coincide with B's movement and pass and emphasise the importance of this.
- Encourage the coordinated movement of all three players and emphasise the importance of this.
- This drill is technically balanced, requiring an equal use of left and right foot.

Focus on technical balance, cohesion & habits

- A should meet the ball and be ready to turn out and play a left-footed pass to B to the left. The opposite (right-footed pass) applies when D is in the starting position.
- B should use whichever foot is most suitable with a view to playing the pass to C early and speeding up the sequence.
- C should play a right-footed diagonal pass to D. The opposite (left-footed pass) applies when D is in the starting position.

DRILL 9: QUALITY OF FIRST TOUCH AS BASIS FOR SECOND



Sequence

- A advances with the ball through the first mannequin gate, plays a long, straight pass to B that goes through the second mannequin gate and follows the pass.
- B then has the freedom to decide whether to continue the sequence to the right or left and plays the ball quickly to C or D with their second touch and follows the pass.
- C/D appears from slightly behind the wide mannequin and moves forward on the half-turn.
- If the quality of the pass from B is good enough, C/D looks to open up into a full forward position, move the ball beyond the wide mannequin and play a diagonal pass with their second touch to the next player in position A.
- The next player in position A starts the following sequence.

Player rotation

- Every player follows their pass so as to ensure rotation and does so at pace.
- A moves to B.
- B moves to C/D.
- C/D moves to A.

Coaching points

- With the second cycle, encourage A to step into C/D's pass with conviction and drive through the gate with their first touch.
- Encourage B to take a chance and play a first-time pass to C/D in the wide areas.
- Encourage players to play the pass to A across the latter's forward path, between A's starting position and the mannequin gate so as to raise the tempo and enhance the level of technical coordination.
- This drill is technically balanced, requiring an equal use of left and right foot.

Focus on technical balance, cohesion & habits

- A should meet the pass from C/D with whichever foot is most suitable, but where possible, the foot used should be varied to promote technical balance.
- B should move the ball on the first touch with whichever foot is most suitable, but try to play a left-footed diagonal forward pass to the left. The opposite applies in the case of right-footed diagonal forward passes to the right.
- C should play a left-footed diagonal pass to A. The opposite applies for D, i.e. a right-footed pass should be played.