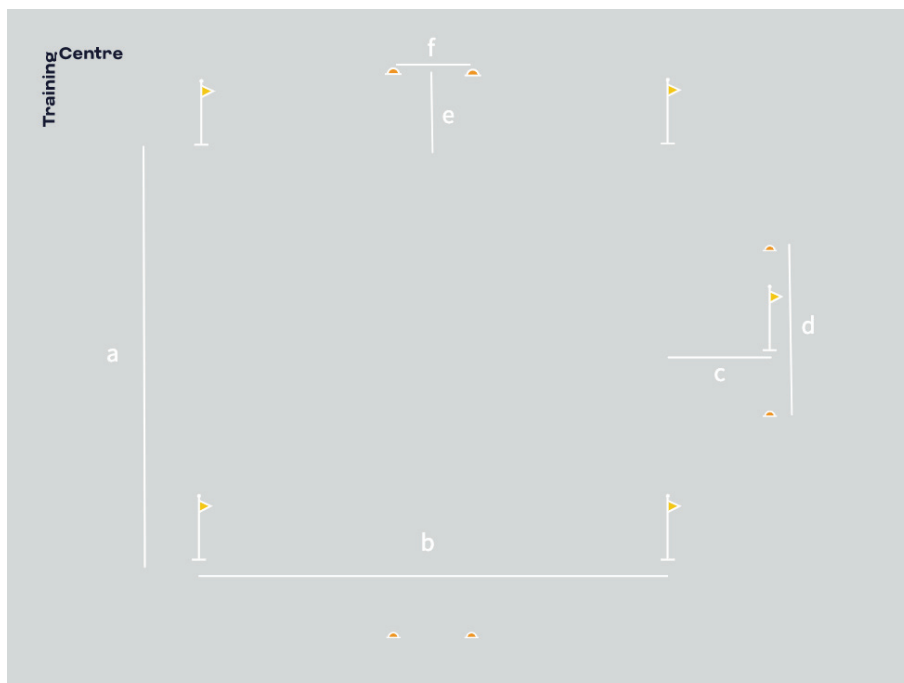


Technical activation Circuit 6

SET-UP FOR ALL DRILLS



Organisation

- Mark out a 16x16 metre grid (a: 16 metres and b: 16 metres).
- Travel 6 metres towards the outside of the grid from the midpoint of one of the "a" lines (c) and place a yellow pole (d).
- Place a cone 4 metres either side of the yellow pole (d).
- Travel 6 metres towards the outside of the grid from the midpoint of both of the "b" lines (e) and create a gate, formed by 2 yellow cones, that is 2-3 metres wide.
- If no poles are available, mannequins/cones/discs may be used instead.

Drill duration

- 8-10 players: 3 minutes after a period in which players are given the time to familiarise themselves with the scenario.

Approximate workload intensity

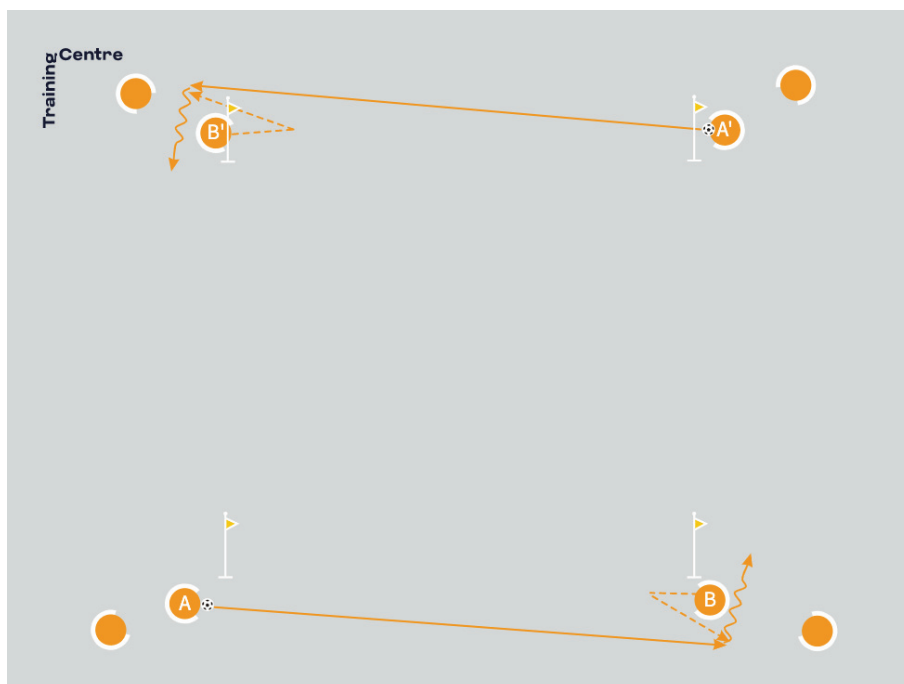
- 8-10 players (optimum number, 2 balls): low to medium intensity

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.

This set-up can be adapted to involve a full squad comprising 20 players or more. Where this is the case, up to 4 circuits are required, with 1-2 balls and 5-7 players involved in each circuit.

DRILL 1: FAST FOOTWORK TO CREATE SPACE, ALLOW THE BALL TO RUN AND TURN TO PLAY FORWARD AT SPEED



Sequence

- This drill starts with 2 balls moving at the same time, 1 from each diagonally opposite starting corner (A and A').
- A plays a straight pass to B and wide of the pole that is B's starting point.
- Prior to receiving the ball, B takes a step forward before showing fast footwork to drop back into position in readiness to receive A's pass.
- B then drives forward on their first touch before playing a straight pass to the next player in the sequence (A') on their second touch.
- The sequence is repeated along each side of the grid.

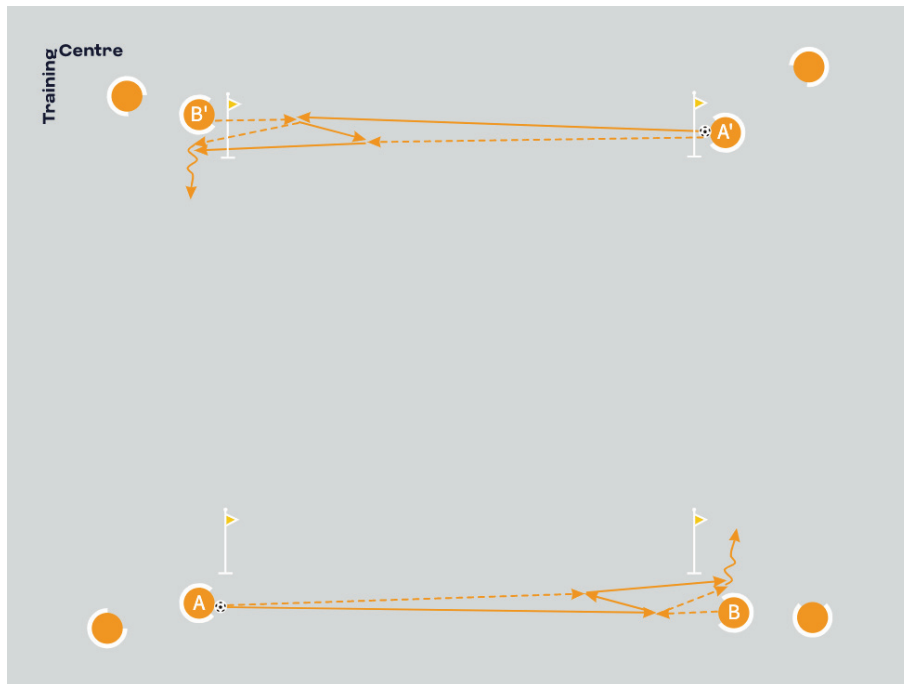
Player rotation

- Every player follows their pass so as to ensure rotation.
- A moves to B.
- B moves to A'.
- A' moves to B'.
- B' moves to A.

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- In the clockwise rotation, players should allow the ball to run across their body to their left foot and play a left-footed forward pass. The opposite applies to the anticlockwise rotation, in which players should play a right-footed pass.
- Players should be quick on their feet to create space, allow the ball to run and then turn to play forward at speed.
- To promote complete technical balance, the directions should be inverted in the following sequence so as to encourage efficiency of movement and two-footedness.

DRILL 2: PASS AND MOVE INTO SPACE, RECEIVE A RETURN PASS WITH THE OPPOSITE FOOT



Sequence

- This drill starts with 2 balls moving at the same time, 1 from each diagonally opposite starting corner (A and A').
- A plays a straight pass to B, who is positioned wide of the pole and to the outside of the grid.
- Prior to receiving the ball, B takes a couple of quick steps forward and plays a return pass, before showing quick feet to drop back behind the pole and receive A's first-time pass and turn forward on their first touch to repeat the entire sequence.
- The sequence is repeated along each side of the grid.

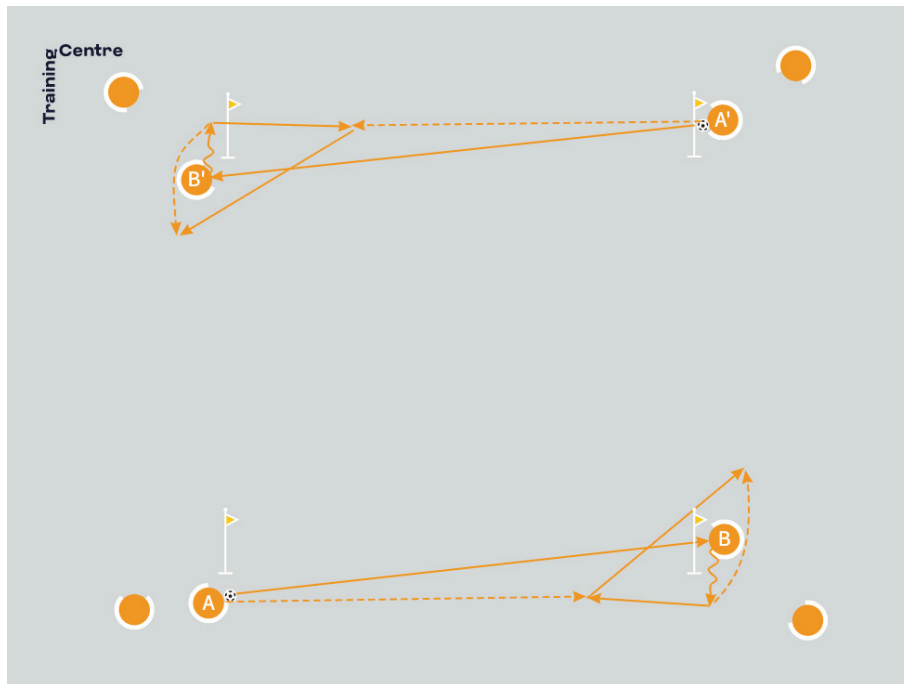
Player rotation

- Every player follows their pass so as to ensure rotation.
- A moves to B.
- B moves to A'.
- A' moves to B.
- B' moves to A.

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- Focus on the agility of movement required for a player to play a return pass, before driving away into space and receiving the return pass with their opposite foot to play forward at speed.
- During the clockwise rotation, players should play the short return pass with their right foot, whilst using their left foot to play the longer pass to the next player in the sequence. The opposite applies during the anticlockwise rotation.
- To promote complete technical balance, the directions should be inverted in the following sequence so as to encourage efficiency of movement and two-footedness.

DRILL 3: FAST FOOTWORK TO SHIFT THE BALL AND PLAY A SHORT ONE-TWO



Sequence

- This drill starts with 2 balls moving at the same time, 1 from each diagonally opposite starting corner (A and A').
- A plays a straight pass to B, who is positioned wide of the pole and to the inside of the grid.
- B shifts the ball across to the outside of their pole and plays a pass towards the onrushing A, before making a countermovement into the space beyond the pole in readiness to receive A's return pass.
- The sequence is repeated along each side of the grid.

Player rotation

- Every player follows their pass so as to ensure rotation.
- A moves to B.
- B moves to A'.
- A' moves to B'.
- B' moves to A.

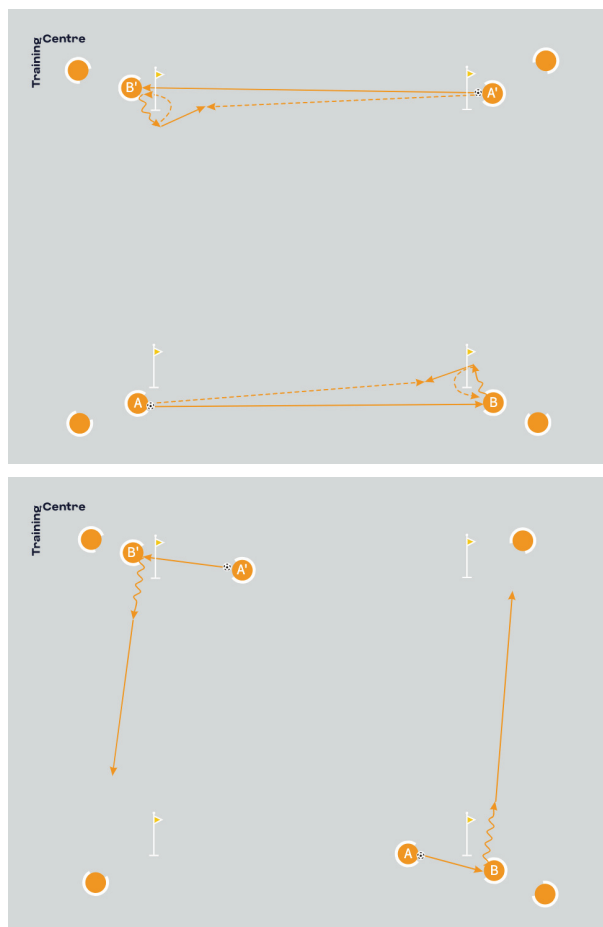
General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- During the clockwise rotation, players are free to use whichever foot they feel is most appropriate to shift the ball wide of the pole to the outside of the grid, using either the outside of their right foot or their left foot to switch the ball on to their right foot. In both cases, the action is concluded with a right-footed return pass to the onrushing player.
- The opposite applies during the anticlockwise rotation (from right to left across the pole).
- After receiving the return pass, players should use whichever foot they feel is most appropriate to pass the ball to the next player in the sequence.
- To promote complete technical balance, the directions should be inverted in the following sequence so as to encourage efficiency of movement and two-footedness.

DRILL 4: FAST FOOTWORK AND AGILITY TO SHIFT THE BALL, PASS IT AND CREATE SPACE IN A SINGLE MOVEMENT

Sequence

- This drill starts with 2 balls moving at the same time, 1 from each diagonally opposite starting corner (A and A').
- A plays a straight pass to B, who is positioned wide of the pole and to the outside of the grid.
- B shifts the ball across to the inside of their pole and plays a return pass to the onrushing A, before taking quick forward and backward steps to get themselves in front of their pole and then into space behind it.
- B is now ready to receive a second pass on the half-turn, before immediately driving forward towards the next player to repeat the sequence.
- The sequence is repeated along each side of the grid.



Player rotation

- Every player follows their pass so as to ensure rotation.
- A moves to B.
- B moves to A'.
- A' moves to B'.
- B' moves to A.

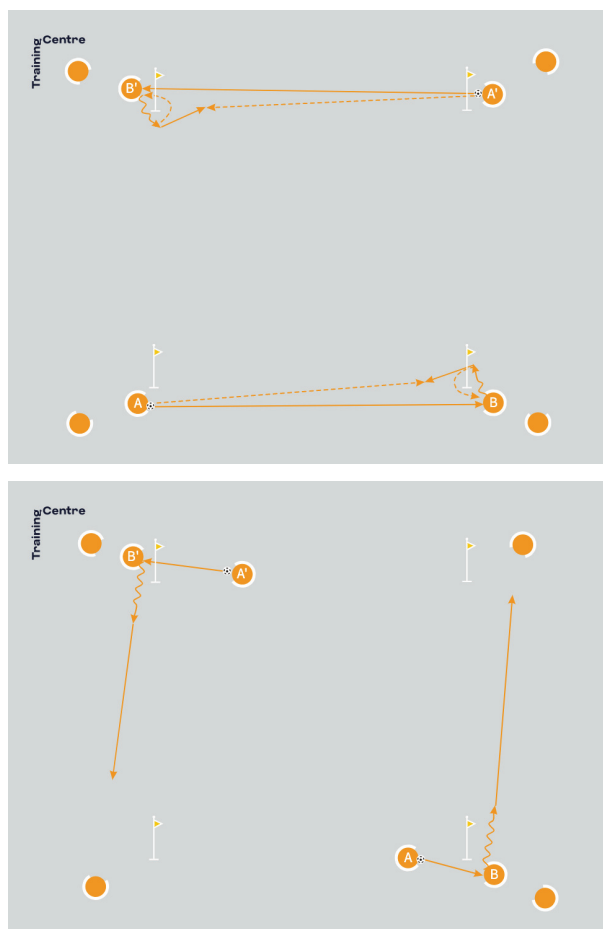
General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- During the clockwise rotation, the focus is on players using their left foot. Players should shift the ball from their right foot to their left foot across the pole, before playing a left-footed return pass.
- The opposite applies during the anticlockwise rotation, in which the emphasis is placed on players using their right foot to play both passes.
- After darting in front of the pole and rushing backwards to receive the second pass, players should allow the ball to run across their body to their left foot, moving it forward on their first touch before quickly playing a left-footed pass to the following player in the sequence.
- To promote complete technical balance, the directions should be inverted in the following sequence so as to encourage efficiency of movement and two-footedness.

DRILL 5: FIRST-TIME, HIGH-TEMPO PASSING USING BOTH FEET

Sequence

- This drill starts with 2 balls moving at the same time, 1 from each diagonally opposite starting corner (A and A').
- A begins the sequence by playing a pass to B, who is positioned wide of the pole and to the inside of the grid.
- B plays a first-time return pass and then shows quick feet to meet a second pass that is played wide of the pole and to the outside of the grid, before playing a little give-and-go and advancing into the space to meet the return ball.
- The sequence is repeated along each side of the square.



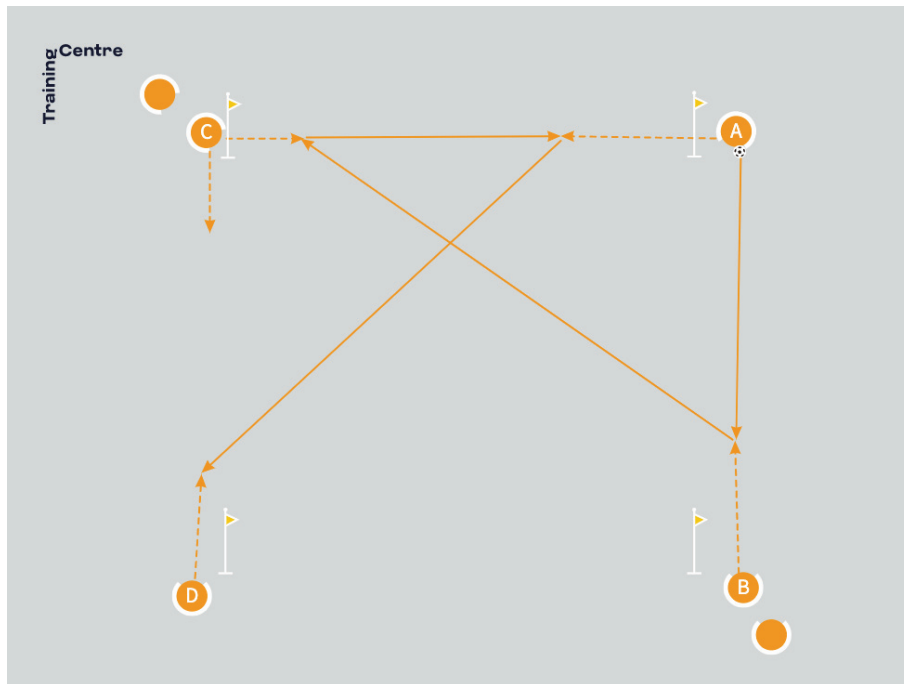
Player rotation

- Every player follows their pass so as to ensure rotation.
- A moves to B.
- B moves to A'.
- A' moves to B'.
- B' moves to A.

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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 positioned at the poles should be encouraged to play first-time passes using both feet.
- When the drill is performed in a clockwise direction, the objective in terms of the passing sequence is for players stationed at the poles to use their left and then right foot, before playing a left-footed pass to the next player.
- The opposite applies when the drill is performed anticlockwise, where the passing sequence should be right foot, left foot and right foot again.
- To promote complete technical balance, the directions should be inverted in the following sequence so as to encourage efficiency of movement and two-footedness.

DRILL 6: FIRST-TIME LAY-OFF AND ACCURATE, HIGH-TEMPO DIAGONAL PASSING



Sequence

- Unlike in the previous drills in this circuit, there is just one ball in play in this exercise.
- A plays a straight lay-off pass to B, who sweeps a diagonal pass out to C, who is positioned wide of the pole and to the outside of the grid in the opposite diagonal corner.
- C starts the next sequence by playing a lay-off pass to A.

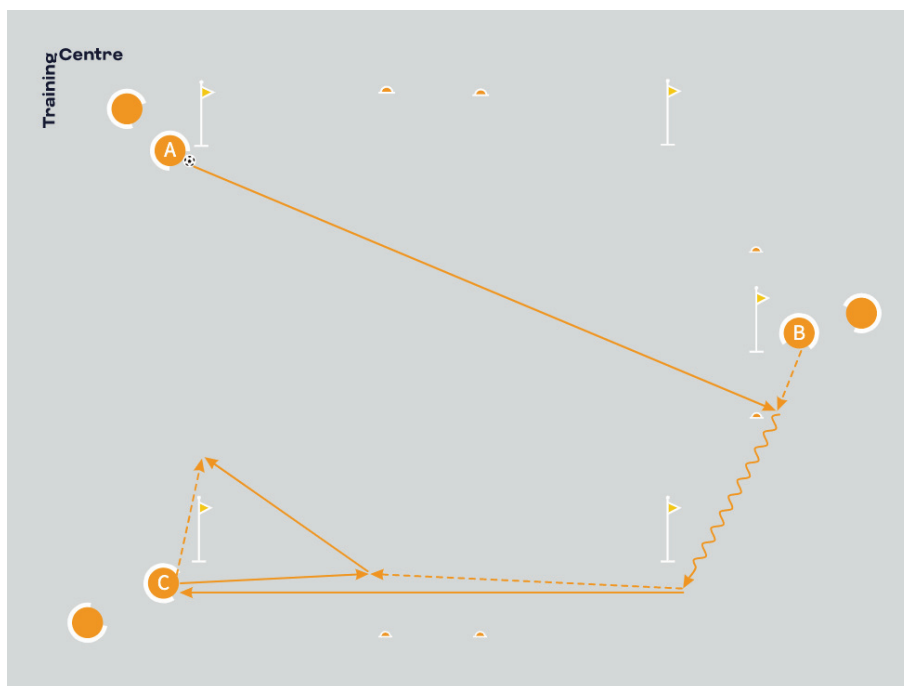
Player rotation

- Every player moves forward to the next pole in the rotation.
- A moves to C.
- B moves to A.
- C moves to D.
- D moves to B.

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- All passes played in the sequence should be first-time passes.
- During the clockwise rotation, players should use whichever foot they feel is most appropriate to play the straight lay-off pass and be encouraged to use their left foot to play the sweeping diagonal pass.
- The opposite applies during the anticlockwise rotation, in which players are encouraged to use their right foot to play the diagonal pass.
- To promote complete technical balance, the directions should be inverted in the following sequence so as to encourage efficiency of movement and two-footedness.

DRILL 7: FIRST-TIME GIVE-AND-GO TO PLAY A DIAGONAL BALL FOR THE RUNNER IN BEHIND



Sequence

- A starts the sequence at a corner pole by playing a diagonal pass towards the opposite corner and into the path of the onrushing B.
- B, who is positioned at the pole situated at the midpoint of one of the b lines, makes a short burst to meet the pass and pushes the ball beyond the corner pole on their first touch, before playing a straight pass towards C, who is stationed at the opposite starting corner.
- C plays a short one-two with B, darting around their pole to meet the return ball, which is played into space towards the inside of the grid.
- C then starts the next sequence.

Player rotation

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

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- Particular emphasis should be placed on the accuracy and tempo of the diagonal pass, the timing of B's run and the overall technical coordination between the three-player unit.
- During the anticlockwise rotation, the emphasis is placed on players using their right foot to play both passes.
- This drill promotes technical balance as it requires players to use both their left and right feet.

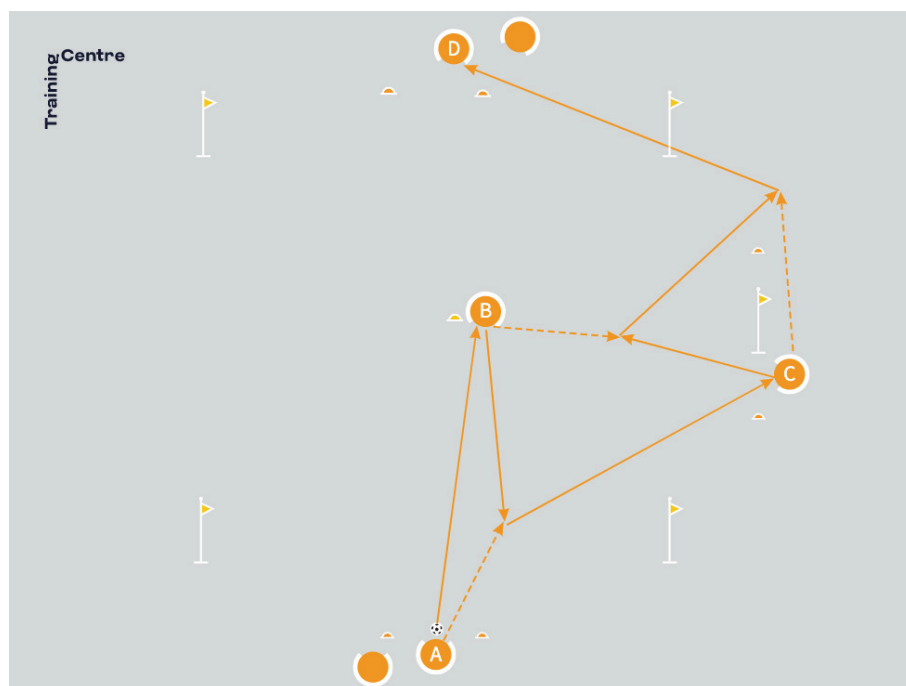
Functional coaching points, focus on A

- During the clockwise rotation, A should look to use their right foot to play the return pass.
- After darting around the pole, they should meet the ball with whichever foot they feel is most appropriate to play a first-time diagonal pass from right to left into the path of the onrushing B.
- The opposite applies during the anticlockwise rotation.

Functional coaching points, focus on B

- During the clockwise rotation, B should look to meet the left diagonal pass played by A with their left foot, pushing the ball beyond the pole on their first touch, before playing a left-footed straight pass to the player stationed at the opposite starting corner.
- The opposite applies to the anticlockwise rotation, in which there is greater emphasis on players using their right foot.

DRILL 8: FIRST-TIME PASS, LAY-OFF AND PASS



Sequence

- A begins the sequence at the starting gate formed by two flat discs by playing a straight pass towards B, who is positioned in the centre of the grid (a point that is only added in drills 8 and 9).
- B lays a return pass back towards the onrushing A.
- A plays a diagonal pass out to C, who is stationed at the pole situated at the midpoint of line b.
- C plays a one-two with the onrushing B, making a short darting run around the outside of the pole to receive B's return pass.
- C then plays a diagonal pass out to D, who is positioned at the starting point at the opposite end of the grid to A.
- D then starts the next sequence.

Player rotation

- A moves to B.
- B moves to C.
- C moves to D.

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- This drill requires technical coordination between the three-player unit to coordinate first-time passing. The drill aims to improve the following elements: alertness, cohesion of movement at speed, and short, accurate, quality passing using both feet.
- This drill promotes technical balance as it requires players to use both their left and right feet.

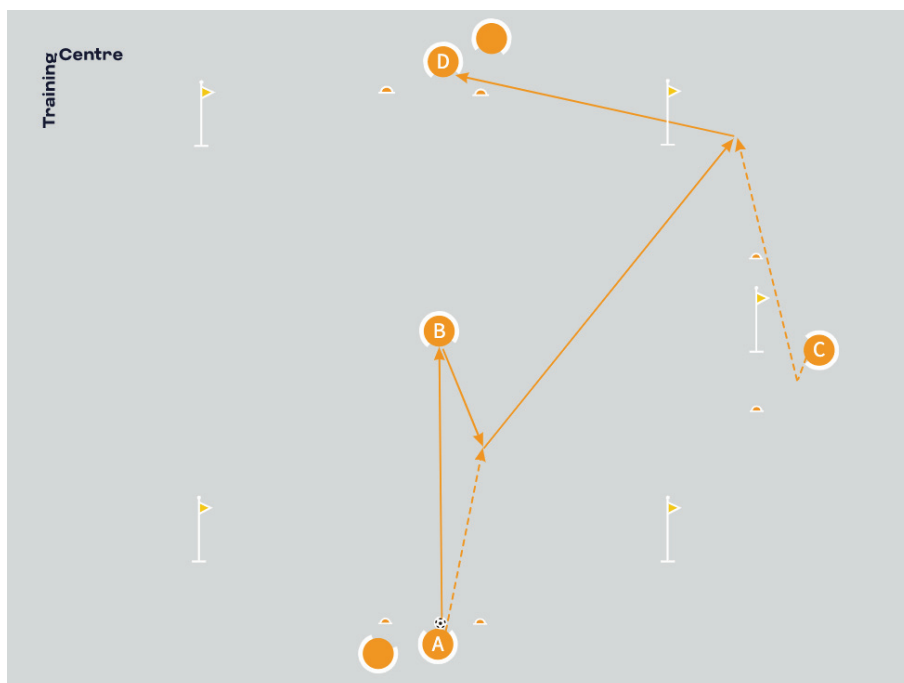
Functional coaching points, focus on A & B

- Players should be encouraged to play a variety of left- and right-footed passes from both ends of the grid, whilst always choosing to play with the most appropriate foot to increase efficiency and the tempo of the drill.

Functional coaching points, focus on C

- When receiving the left-to-right diagonal pass from A, C should look to use their left foot to play a one-two with B. After receiving a return ball from B, C should play a right-footed diagonal right-to-left pass into D.
- The opposite applies when receiving the right-to-left diagonal pass, i.e. a right-footed one-two should be followed by a left-footed diagonal pass.
- To increase tempo and fluency, C should be encouraged to meet the ball early to play a one-two, before darting beyond the pole and advancing into space to receive B's return pass.

DRILL 9: STRAIGHT PASS, DIAGONAL PASS AFTER LAY-OFF AND DIAGONAL PASS



Sequence

- A begins the sequence at the starting gate formed by two flat discs by playing a straight pass towards B, who is positioned in the centre of the grid (a point that is only added in drills 8 and 9).
- B lays a return pass back towards the onrushing A.
- A plays a diagonal pass beyond the pole located at the midpoint of the b line and into the path of the onrushing C.
- After having made a run from a wide position, C meets A's pass and plays a first-time diagonal pass to D, who is stationed at the opposite end of the grid to A.
- D then starts the next sequence.

Player rotation

- A moves to B.
- B moves to C.
- C moves to D.

General coaching points

- Place the emphasis on the fast footwork and technical coordination required to turn and play forward at speed and turn and accelerate forward, all whilst keeping the ball under close control.
- 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.
- This drill requires technical coordination between the three-player unit to coordinate first-time passing. The drill aims to improve the following elements: alertness, cohesion of movement at speed and short, accurate, quality passing using both feet.
- This drill promotes technical balance as it requires players to use their left and right feet in equal measure.

Functional coaching points, focus on A & B

- Players should be encouraged to play a variety of left- and right-footed passes from both ends of the grid, whilst always choosing to play with the most appropriate foot to increase efficiency and the tempo of the drill.
- A should meet the ball early after having played a first-time pass to B, before getting their head up to play a first-time diagonal pass into the path of the onrushing C.

Functional coaching points, focus on C

- When receiving the left-to-right diagonal pass from A, C should look to play a first-time right-footed diagonal right-to-left pass into the path of the players located in the starting position at the opposite end of the grid.
- The opposite applies when receiving the right-to-left diagonal pass, where a left-footed diagonal pass is required.
- C should scan across to A to ensure that they time their run from behind the pole to meet the pass.