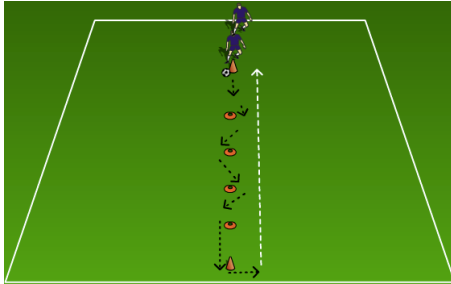


Technical Skills Circuit



Station 1: Dribbling

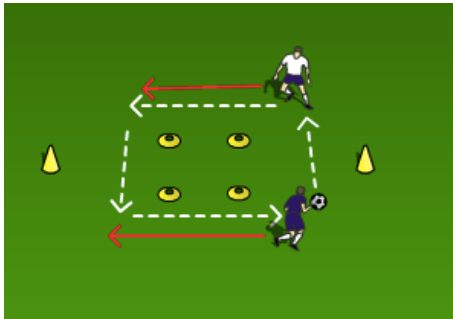
Players work in pairs.

Player dribbles through each cone without touching, when reach the end accelerate to far cone, perform a turn and pass back to partner. Partner then repeats

Points: Each time player reaches far cone and can play an accurate pass back

Notes: If a player touches a cone they must complete the course but it doesn't count

Have 5 cones 1 yard between each then 5 yards to end cone



Station 2: Directional First Touch

Player's work in pairs

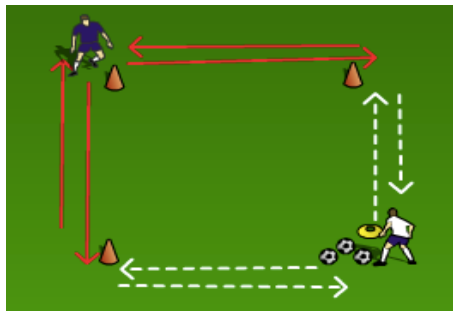
Player starts with the ball and plays a pass between large and small cone / side of cube

Partner receives and drags ball across body along top of cube then plays back down opposite side of tube to partner who has moved to receive

Points: Each time a pass is player, received and moved along the cube 1 point

Note: players keep adding score. On a mistake they go back to 0. Keep top score

Central cub should be 2yr by 2 yr. Have 4 yards to end large cone



Station 3: Volleyed Passes

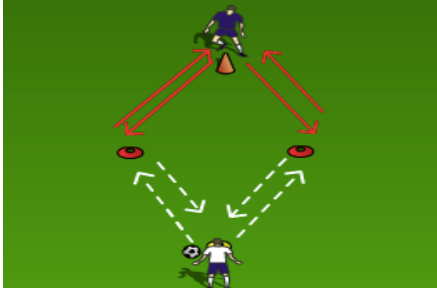
Players work in pairs but score is individual

Feeder stands on yellow cone. Partner moves to left to receive a ball at waist height player looks to volley back to partner's hands

They then move around the back of starting cone to opposite side and repeat

Points: Each volley back to hands counts as 1 point

Cones should be at 8 yard intervals



Station 4: Thigh Control and Pass

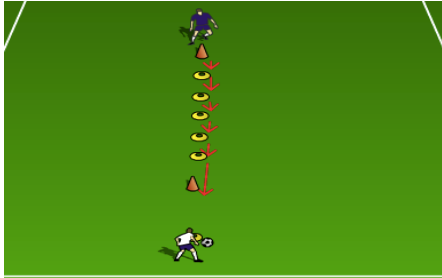
Feeder stands on yellow cone

Partner moves from end forward to right red cone controls waist high pass to ground then plays pass back

Move around back cone then forward to left red and repeat

Points: Each time control and pass is successfully completed

There should be 5 yards from starting cone to end cones



Station 5: Heading

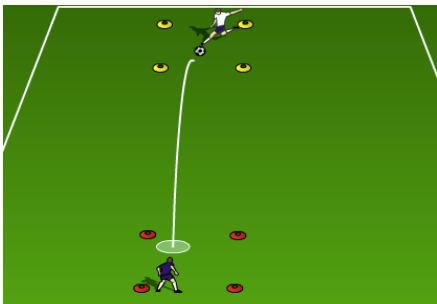
Feeder stands on far yellow cone

Partner starts on end cone comes forward, quick feet in between each cone then attacks out to far cone and attack a high ball, heading back to partners hands.

Same player then repeats

Points: 1 point each header that goes back into feeders hands

Half a yard in between each small cone



Station 6: Long Passing

Each player positions themselves inside a grid. 20 yards between each

Players take it in turns to try and loft a pass to land in the opposite box

Partner looks to control the ball inside the box

Points: Each successful pass gains a point

Each box should be 10 yr x 10 yr. Begin at 20 yard gap between boxes