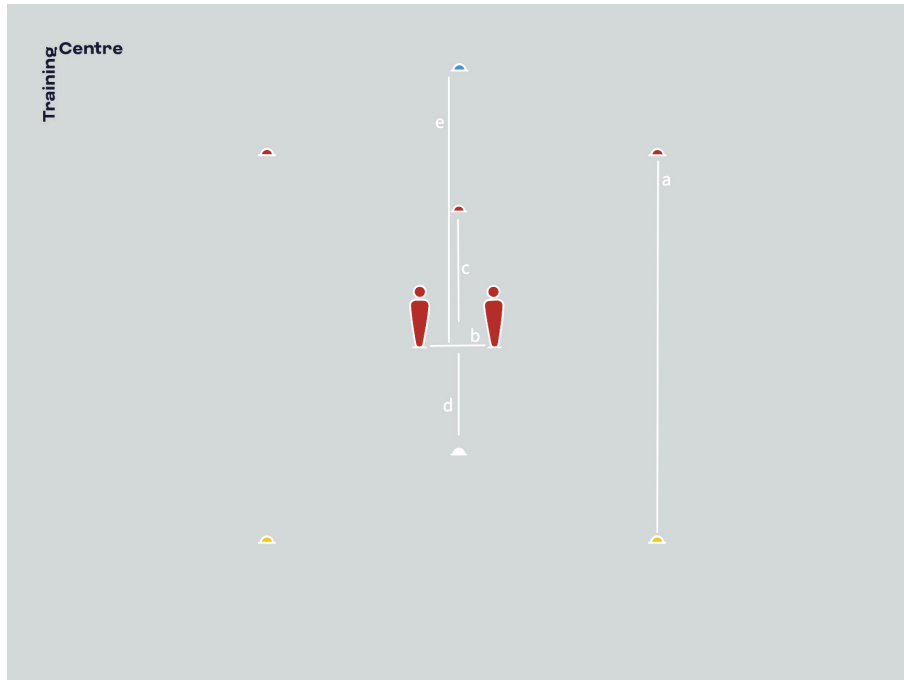


## Technical activation —●— Circuit 2

### SET-UP FOR ALL DRILLS



#### Organisation

- Lay out a 15x15m square marked with flat cones (a).
- Create a 2m-wide mannequin gate, whose midpoint is 10m from the flat cones at each corner (b).
- Place a flat orange cone 3-4m from the middle of the gate (c)
- Place a flat white cone 5m from the middle of the gate, on the opposite side to the orange cone (d).
- Place a blue cone 9-10m from the middle of the gate, on the same side as the orange cone (use 10m for a slightly higher intensity) (e).
- In the event that no mannequins are available, cones/discs or poles may be used instead.

#### Drill duration

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

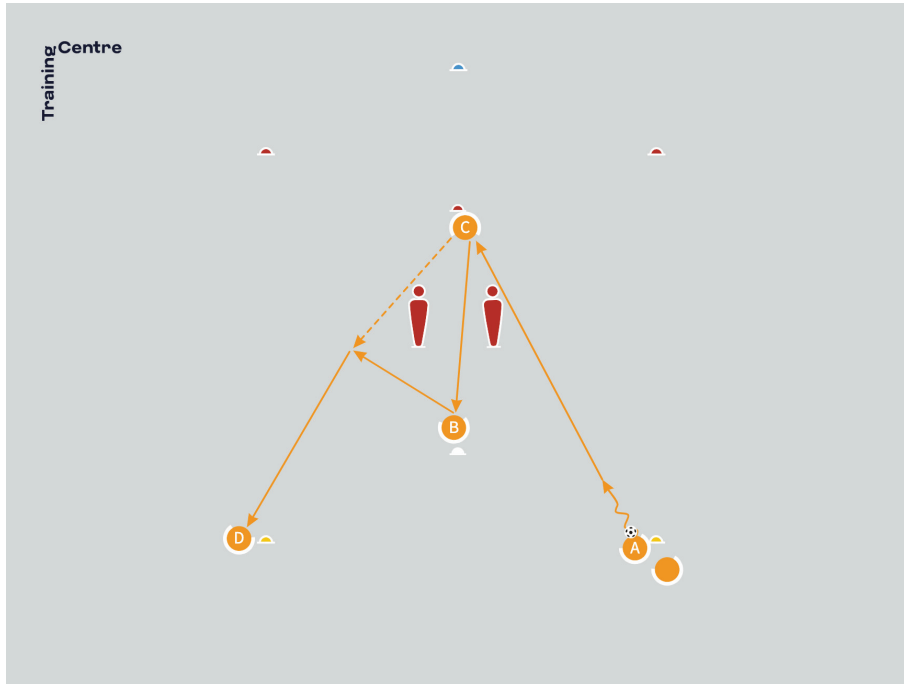
#### Approximate workload intensity

- 5 players: medium to higher intensity (optimum player number).
- 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: ONE-TWO PLAY AND COORDINATED MOVEMENT IN TIGHT SPACES



### Sequence

- A serves the ball to C, who is waiting near the red cone.
- C moves towards the mannequin gate and plays a first-time one-two with B.
- B is waiting at the white cone and plays a first-time lay-off beyond the gate.
- C moves quickly into the space beyond the gate to latch onto B's lay-off and finishes the sequence with a diagonal pass out to D at the starting position on the opposite side.
- D then starts the next sequence in the opposite direction by passing to the next player in position C.

### Player rotation

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

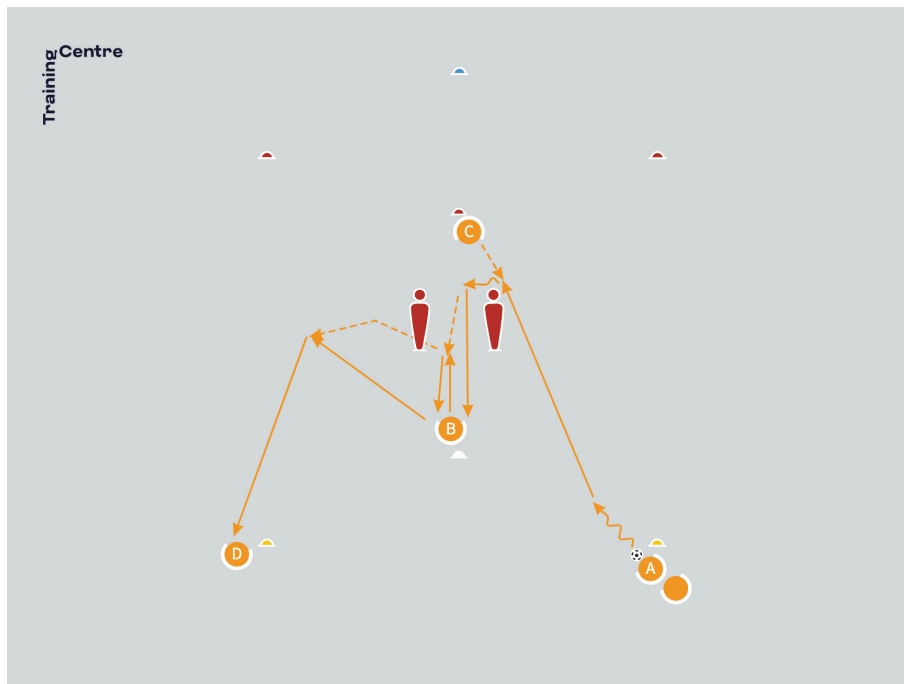
### Coaching points

- Encourage "server" players (A and D) 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.
- This drill is technically balanced, requiring an equal use of left and right foot.

### Focus on C's technical balance, cohesion & habits

- When receiving the initial diagonal pass from A from the left (or, for subsequent sequences, from D from the right), C can pass to B with whichever foot is most suitable for a quick one-two.
- The diagonal pass out to D on the opposite side should ideally be right-footed and be played into D's path. The opposite (i.e. a left-footed final pass to A) applies when the drill goes from right to left.

## DRILL 2: QUICK FEET AND COORDINATION IN TIGHT SPACES



### Sequence

- A serves the ball to C outside of the mannequin gate.
- C appears from behind the gate and quickly moves to the outside, receives A's pass and move the ball laterally to in between the gate with one touch.
- C's second touch is a pass to B.
- B then plays a quick follow-up one-two through the gate with C, making for a total of three straight passes through the gate.
- Following the one-two, B plays a short diagonal pass into the movement path of C beyond the gate.
- C finishes the sequence by passing diagonally to D at the starting position on the opposite side.
- D then starts the next sequence in the opposite direction by passing to the next player in position C.

### Player rotation

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

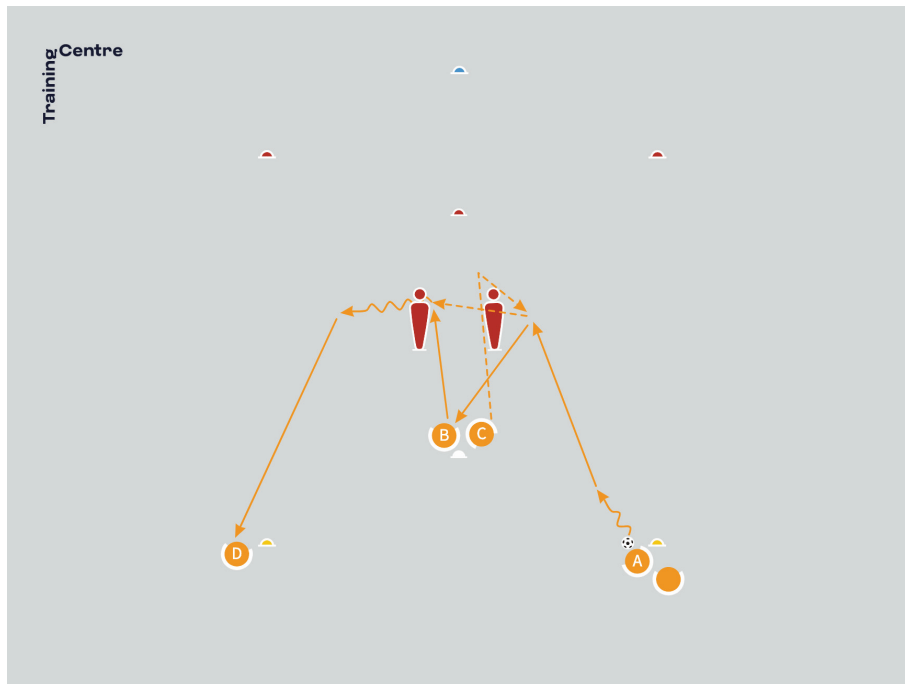
### Coaching points

- Encourage "server" players (A and D) 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.
- This drill is technically balanced, requiring an equal use of left and right foot.

### Focus on C's technical balance, cohesion & habits

- When receiving the diagonal pass from A from the left, C should control/shift the ball with the left foot and then change feet to pass right-footed to B with the second touch.
- Then C can use whichever foot is most suitable for the one-two between the gate with B.
- The final diagonal pass out to D on the opposite side should ideally be right-footed and be played into D's path.
- The opposite applies when the drill goes from right to left.
- Ideal left-to-right sequence: left foot, right foot, either foot, right foot.
- Ideal right-to-left sequence: right foot, left foot, either foot, left foot.

## DRILL 3: ACCELERATING INTO SPACE AND QUICK FEET IN TIGHT SPACES



### Sequence

- A serves the ball to C to the outside and in line with the mannequin gate.
- C starts with a run through the gate to the red cone beyond the middle, followed by a quick direction change to receive A's pass outside the gate.
- C then plays a short diagonal pass to B and moves towards the middle of the gate to receive a return pass from B.
- C moves the ball laterally past the gate with the first touch and finishes the sequence by playing a diagonal pass with the second touch to D at the starting position on the opposite side.
- D then starts the next sequence in the opposite direction by passing to the next player in position C.

### Player rotation

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

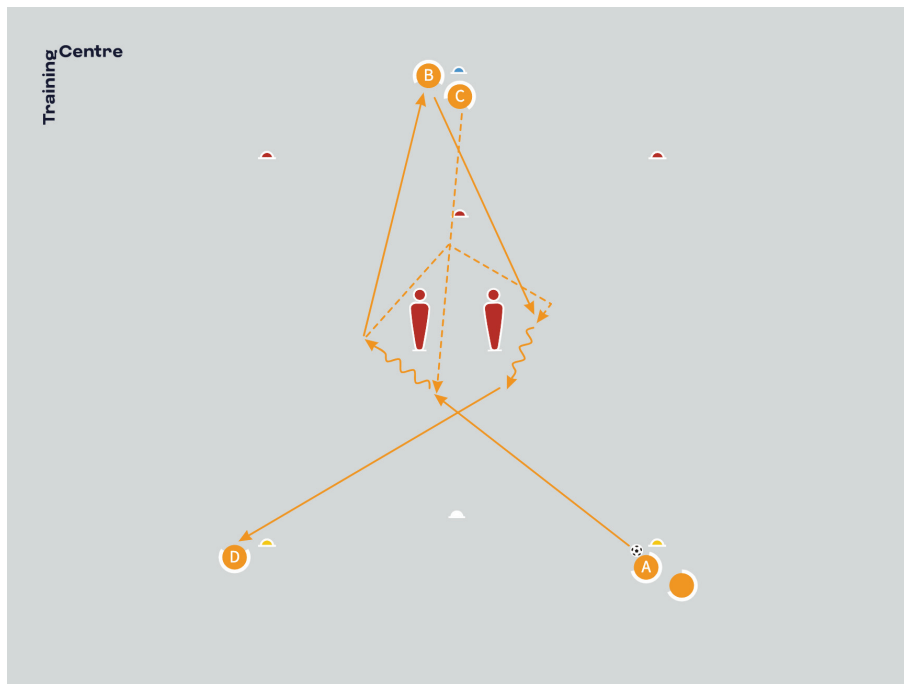
### Coaching points

- Encourage "server" players (A and D) 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.
- This drill is technically balanced, requiring an equal use of left and right foot.

### Focus on C's technical balance, cohesion & habits

- When receiving the initial diagonal pass from A from the left, C should use whichever foot is most suitable to speed the sequence up for the short diagonal pass to B.
- Then, if the return pass from B enables, C should use the left foot to move the ball laterally across the mannequins with the first touch and play a right-footed second-touch pass to the opposite side, into D's path.
- The opposite applies when the drill goes from right to left.
- Ideal left-to-right sequence: short diagonal pass with either foot, move the ball from the left to the right foot, right-footed final diagonal pass.
- Ideal right-to-left sequence: short diagonal pass with either foot, move the ball from the right to the left foot, left-footed final diagonal pass.

## DRILL 4: QUICK FEET, TURN AND PLAY FORWARD



### Sequence

- C opens the sequence from the red cone by accelerating through the mannequin gate, before changing direction and facing A on the half-turn.
- A serves a diagonal pass to C across and beyond the gate.
- C controls the ball with the first touch, plays a straight pass to B with the second and shows quick feet to move to the opposite side of the gate.
- B plays a return pass to C.
- C, receiving that pass on the half-turn, finishes the sequence by playing a diagonal pass to D in the opposite corner.
- D then starts the next sequence in the opposite direction by passing to the next player in position C.

### Player rotation

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

### Coaching points

- Encourage "server" players (A and D) 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.
- Players must rotate positions very quickly to keep the drill going.
- This drill is technically balanced, requiring an equal use of left and right foot.

### Focus on C's technical balance, cohesion & habits

- Encourage C to scan towards D before receiving the pass from A.
- Also encourage C to scan towards D before receiving the return pass from B.
- When receiving the initial diagonal pass from A from the right, C should ideally let the ball run across (or move it across) to the left foot and play a left-footed straight pass back to B. Then, after receiving the return pass from B, C should ideally again let the ball run across to the left foot and play a left-footed diagonal pass to D.
- The opposite applies when the drill goes from left to right.
- Ideal sequence starting with a diagonal pass from A from the right: left-footed straight pass to B, left-footed diagonal pass to D.
- Ideal sequence starting with a diagonal pass from D from the left: right-footed straight pass to B, right-footed diagonal pass to A.