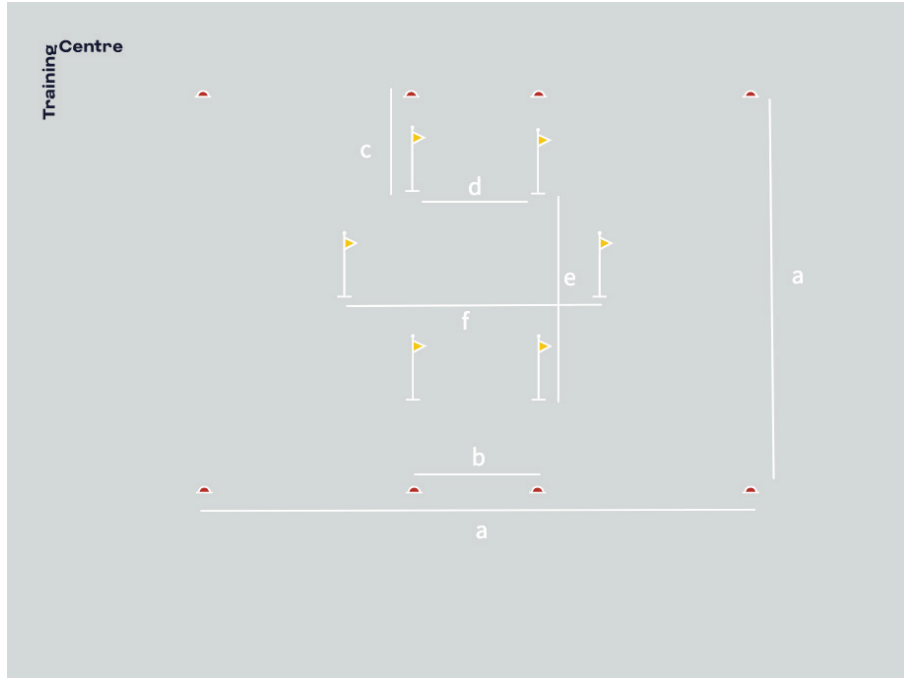


Technical activation —●— Circuit 1 (low player numbers)

SET-UP FOR ALL DRILLS



Organisation

- Mark out a 16x16m grid using flat discs/cones (a).
- Create two, 2m-wide gates using flat discs/cones (b).
- Position pole/mannequin gates 6m from the flat discs/cones at b (c).
- Place the poles/mannequins 2m apart from each other (d).
- Position the sets of pole/mannequin gates 6m apart (e).
- Place two wide poles/mannequins 6m apart (f).
- If no mannequins are available, cones/discs/poles may be used instead.

Drill duration

- Three players and 1 coach/player server: 2 to 3 minutes for drills with full left-to-right rotation. Two minutes for drills requiring left and right rotation.
- Four players: 3 minutes for drills with full left-to-right rotation. Two to three minutes per rotation for drills requiring left and right rotation.
- Five players: 4 minutes for drills with full left-to-right rotation. Three minutes per rotation for drills requiring left and right rotation.

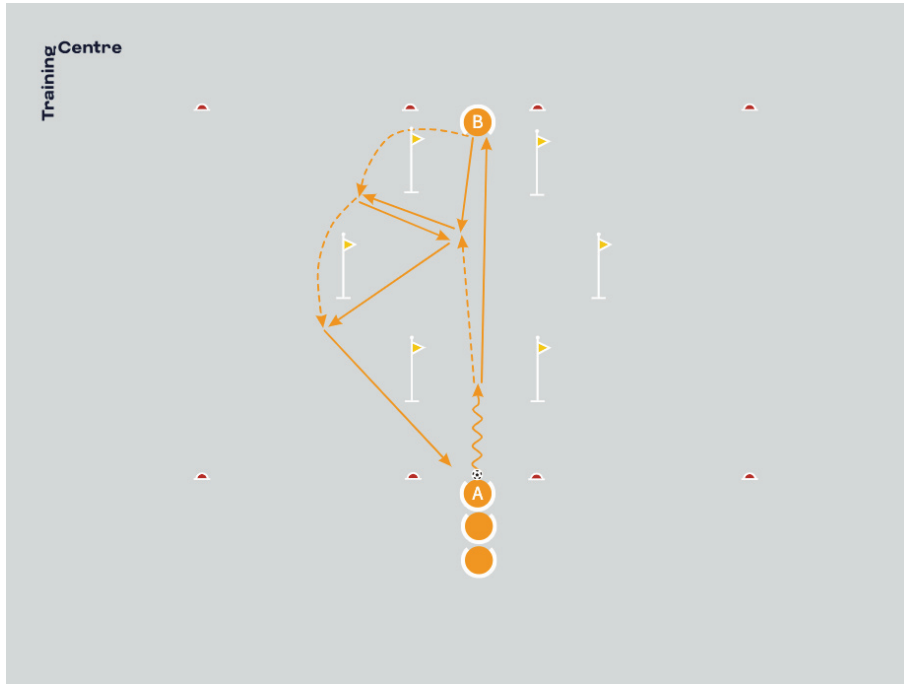
Approximate workload intensity

- Three players and 1 coach: very high to high
- Four players (optimum number): high to medium
- Five players: medium to low

Coaching points that apply to all drills

- Allow players 1-2 minutes 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 tempo, technique, technical balance (two footedness) and the development of awareness habits.
- The drill duration relates to the ball-rolling time. Stop the watch if the drill is interrupted for more than a few seconds.
- Encourage players to move quickly between positions.

DRILL 1: ONE-TOUCH, ONE-TWO-THREE GIVE-AND-GO SEQUENCE TO RECEIVE SHORT, ANGLED RETURN BALLS



Sequence

- A drives with the ball between the gate, then plays a straight pass to B.
- B returns the pass, then moves wide of the double poles to repeat the one-two sequence two more times.
- B completes the sequence by playing a diagonal pass back to the next player A.

Player rotation

- Every player follows their pass to ensure rotation.
- A becomes B
- B becomes A.

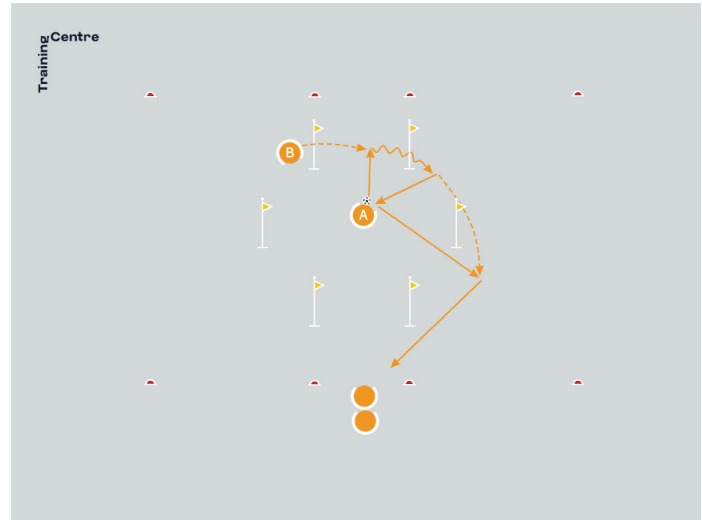
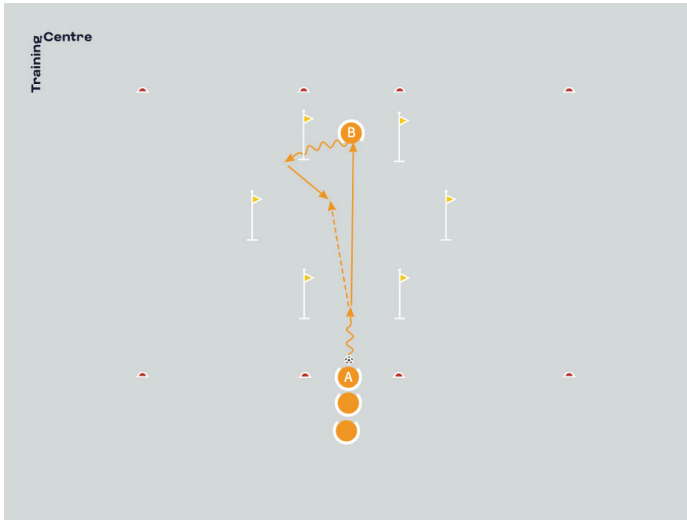
Coaching points

- Players should play with their heads up and scan both 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 promotes technical balance, requiring the use of the left and right foot in equal measure.

Functional coaching points: B

- To promote technical balance, during the anticlockwise rotation, right-foot passing should be encouraged. During the clockwise rotation, the emphasis is on left-foot passing.

DRILL 2: REPEATED ONE- AND TWO-TOUCH GIVE AND-GO SEQUENCE INVOLVING LATERAL QUICK-FOOTEDNESS



Sequence

- A plays a straight pass to B.
- B shifts the ball wide of either the left or right pole to play a return pass.
- After moving quickly back across to the central position, B repeats the sequence on the opposite side.
- Finally, B moves beyond the wide pole to play the last return ball into the path of the next player A.
- The sequence now rotates to the opposite the side of the grid.

Player rotation

- A becomes B.
- B becomes A.

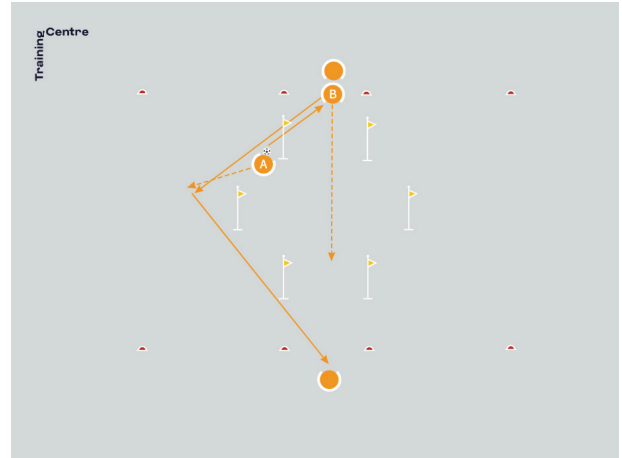
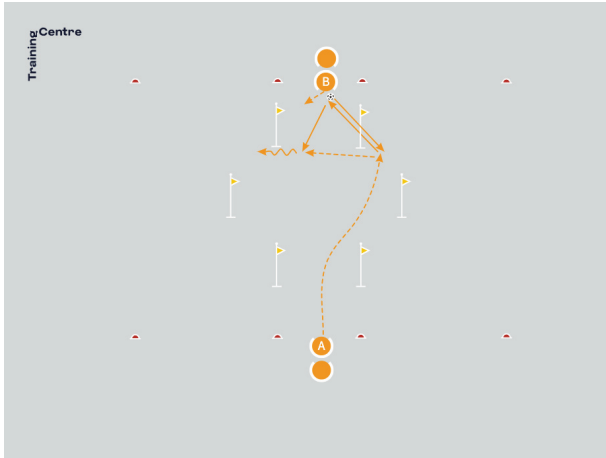
Coaching points

- 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 promotes technical balance, requiring the use of the left and right foot in equal measure.

Functional coaching points: B

- To promote technical balance, when B shifts the ball to the left of the pole, left-foot passing should be encouraged. When B shifts the ball to the right of the pole, the emphasis is on right-foot passing. B can either change feet to play the return pass or shift and return the ball using the same foot.

DRILL 3: ACCELERATION INTO SPACE FOLLOWED BY A QUICK PASS-AND-MOVE SEQUENCE, ENDING WITH A HALF-TURNED ANGLED RUN



Sequence

- A accelerates 10m towards the opposite end of the grid to wide of either the left or right side of the double poles to receive a short, angled pass from B.
- A then slots a first-time angled return ball to B, before taking a series of quick lateral steps in readiness to receive a return ball from B between the poles.
- A then shifts ball the beyond the other pole before playing a second return pass to B.
- A shuffles quickly wide of the grid to receive the final ball and simultaneously turns forward to play a diagonal pass to the player at the opposite end of the grid for the sequence to be repeated.
- NB: this drill involves an out-and-back rotation sequence, with A accelerating out to the opposite end of the grid, where they engage in a technical interaction with B before returning to their starting position.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes A.

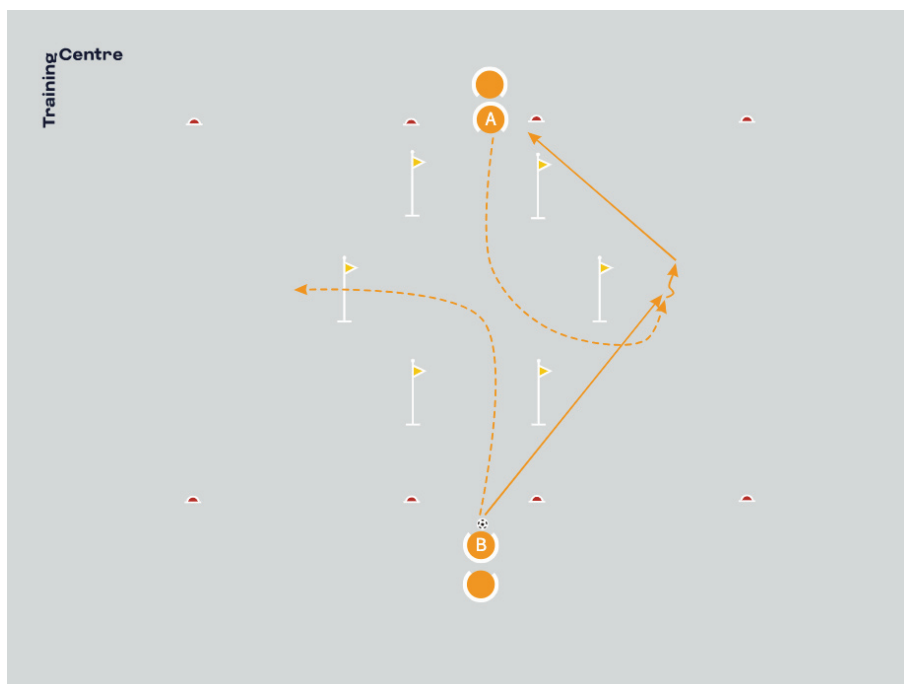
Coaching points

- 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 promotes technical balance, requiring the use of the left and right foot in equal measure.

Functional coaching points: A

- To promote technical balance, A should be encouraged to use a balanced combination of left- and right-foot passing and shifting of the ball during both the clockwise and anticlockwise rotations. However, when receiving the final pass from B during the clockwise rotation, the emphasis should be on letting the ball run or shifting it beyond the wide pole to play a left foot pass. The opposite applies for the anticlockwise rotation, in which the emphasis is on right-foot passing.
- To reinforce good footballing awareness habits, before receiving the final pass, A should be encouraged to scan towards the next B player at the opposite end of the grid.

DRILL 4: QUICK MOVEMENT TOWARDS THE BALL AND A QUICK, ANGLED CHANGE OF DIRECTION INTO SPACE TO RECEIVE



Sequence

- A darts to the midpoint of the grid before quickly changing direction to beyond the left or right wide pole in readiness to receive a diagonal pass from B, who is positioned at the opposite end of the grid.
- A shifts the ball forward or lets it run beyond the pole and plays a diagonal ball to the player at the same end of the grid where their initial run started. The sequence now alternates with A at the opposite end of the grid running to the midpoint of the grid.
- NB: this drill involves an out-and-back rotation sequence, with A accelerating out to the wide midpoint of the grid, where they engage in a technical interaction with B before returning to their starting position.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes A.

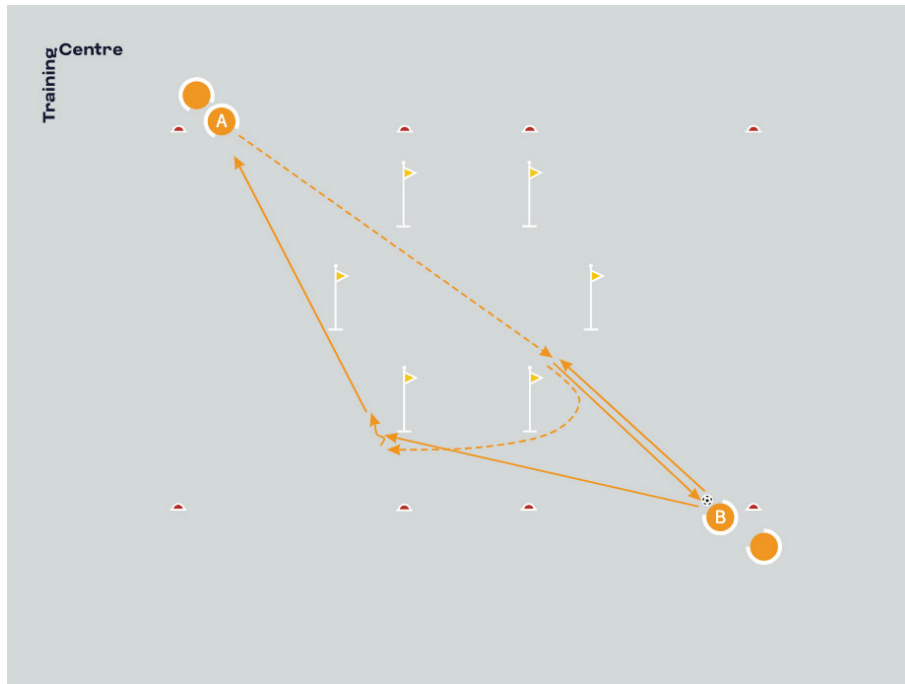
Coaching points

- 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 promotes technical balance, requiring the use of the left and right foot in equal measure.

Functional coaching points: A

- To promote technical balance, during the clockwise rotation, when applicable, the emphasis should be on letting the ball run or shifting it beyond the wide pole to play a left-foot pass. The opposite applies during the anticlockwise rotation, in which the emphasis is on right-foot passing.
- To reinforce good footballing awareness habits, A should be encouraged to lift their head up before playing their pass to B. In addition, before receiving the ball, A should be encouraged to scan across to the recipient of their intended pass, i.e. B.

DRILL 5: ACCELERATION INTO SPACE FOLLOWED BY A DIAGONAL CORNER-TO-CORNER SWITCH-PLAY COMBINATION



Sequence

- A accelerates into space diagonally from one corner of the grid to the other to receive a short pass from B, who is stationed at the starting position in the opposite corner of the grid.
- A plays a return pass to B, then quickly shuffles backwards on the half-turn beyond the pole gate to wide of the grid to receive a second pass from B.
- A shifts the ball forward or lets it run and plays an angled vertical ball to the player at the corner from where they made the initial acceleration for the sequence to be repeated. The sequence now alternates with an acceleration initiating from the starting position at the opposite corner of the grid.
- NB: this drill involves an out-and-back rotation sequence, with A accelerating out to the opposite corner of the grid, where they engage in a technical interaction with B before returning to their starting position.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes A.

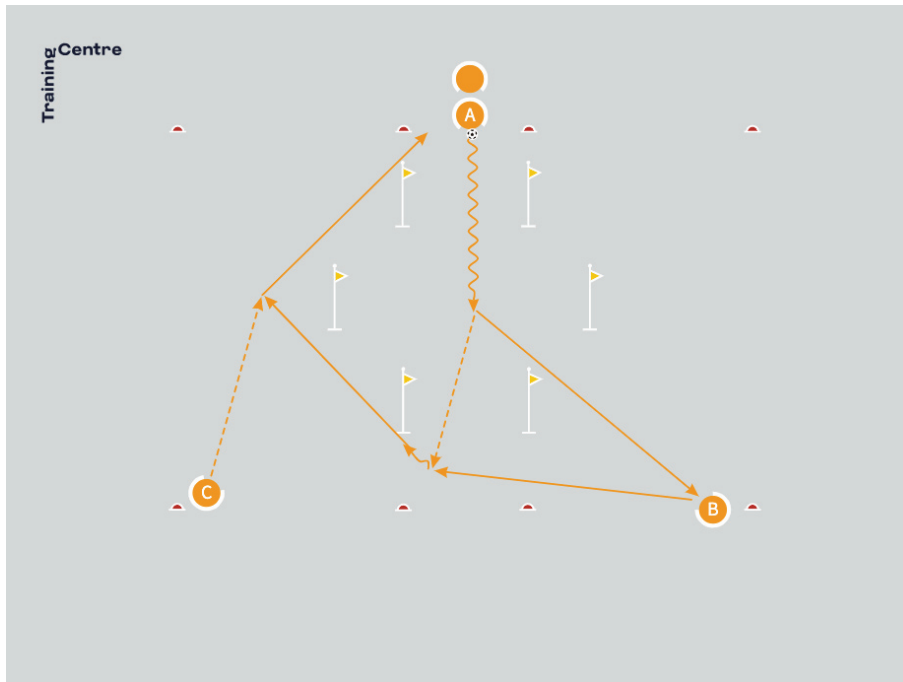
Coaching points

- 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 should be inverted in the following sequence to encourage efficiency of movement and two-footedness.

Functional coaching points: A

- To promote technical balance during the left-to-right rotation, A should be encouraged to let the ball run and play a right-footed vertical pass. The opposite applies during the right to left rotation, with the emphasis on left-foot passing.
- To reinforce good footballing awareness habits, before playing the vertical pass, A should be encouraged to scan towards the player at the opposite diagonal corner of the grid.

DRILL 6: GIVE-AND-GO AND A FORWARD BURST TO CREATE SPACE FOLLOWED BY A QUICK TURN TO SWITCH PLAY WITH AN ANGLED, VERTICAL PASS



Sequence

- A nudges the ball between the pole gate before playing a diagonal pass out wide to B. A then accelerates past the poles at the opposite end of the grid and adjusts their feet to receive the return ball before slotting an angled pass into C's acceleration path off the same line on the opposite side of the grid.
- After accelerating to meet A's pass, C plays a first-time pass into the path of the next A player.
- The sequence continues by switching to the opposite side of the grid.

Player rotation

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

Coaching points

- 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 promotes technical balance, requiring the use of the left and right foot in equal measure.

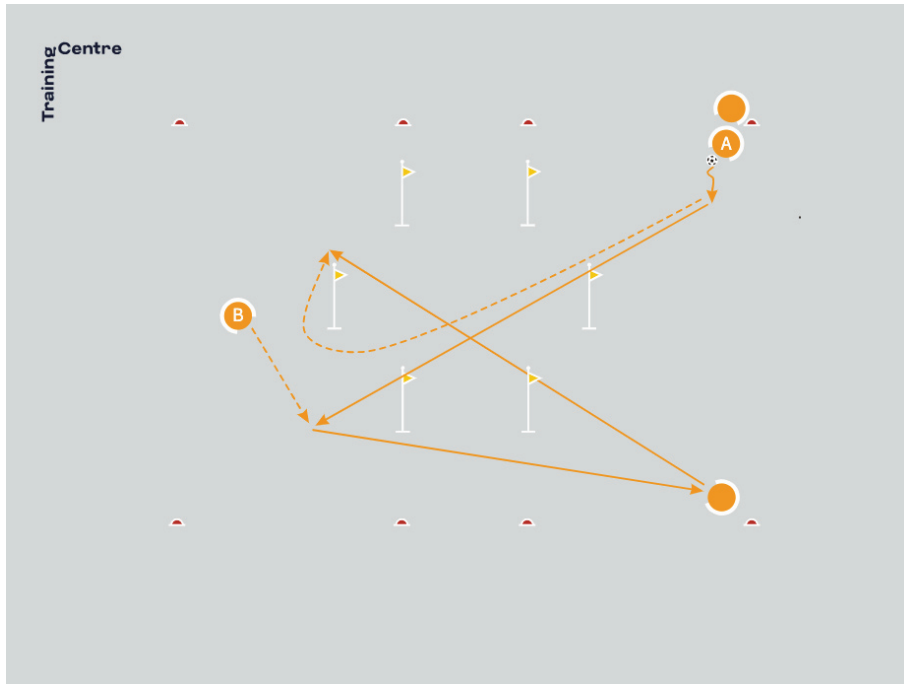
Functional coaching points: A

- To reinforce good footballing awareness habits, A should be encouraged to scan back before receiving the return ball from B

Functional coaching points: C

- To reinforce good footballing awareness habits, C should be encouraged to scan across to A before receiving the pass into their acceleration path.

DRILL 7: ACCELERATION INTO SPACE AND A QUICK CHANGE OF DIRECTION IN READINESS TO MAKE A SHORT IN-BEHIND RUN



Sequence

- A shifts the ball forward and slots a diagonal ball in behind the wide pole to connect with B's short in-behind run.
- A then accelerates beyond the wide pole to become the next player B. After stepping into the space behind the pole, B completes the rotational sequence with a diagonal ball slotted into the path of the next player A.
- NB: this drill involves an out-and-back rotation sequence, with A accelerating to beyond the wide pole, where they engage in a technical interaction with B before returning to their starting position.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes A.

Coaching points

- 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 should be inverted in the following sequence to encourage efficiency of movement and two-footedness. Players must move to the starting positions at the opposite end of the grid for the second rotation.

Functional coaching points: A

- To promote technical balance when playing the left-to-right diagonal ball, A should be encouraged to nudge the ball forward and play a left-footed pass in behind for B. The opposite applies for the right-to-left diagonal pass, with the emphasis on right-foot passing.

Functional coaching points: B

- To reinforce good footballing awareness habits, B should be encouraged to quickly scan across to A to coordinate their short run behind the wide pole with the timing of A's pass.