



Circle soccer drills can help pressure passing

This soccer drill is a good one for passing under pressure and it gives you a chance to show your defenders how to force the passing player into a mistake.

1. Mark out two circles for this drill, as in the diagram. Place a target player in the small centre circle and three defenders inside the bigger circle.
2. Arrange the rest of your players as attackers around the outside of the bigger circle.
3. The attackers start with the ball and they have to pass the ball to the player in the centre without the defenders getting it. This player cannot move outside his circle.
4. The defenders must try to intercept the ball during the drill. They have to put pressure on the passer.

GIVE YOUR PLAYERS TARGETS TO AIM FOR IN THIS DRILL, SUCH AS THREE PASSES BEFORE THE ATTACKERS CAN PASS INTO THE CENTRE, OR CHANGE THE NUMBERS OF DEFENDERS.