

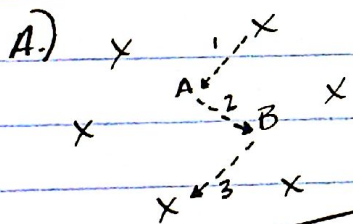
**I. DYNAMIC WARM UP - IN GRID - NO BALL**

- 2 GRID KNOCK OUT 10 JUGGLES BEFORE ENTER NEXT GRID

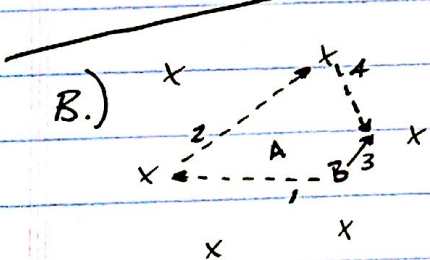
**II. PASSING CIRCLE - 2/3 MAKE UP CIRCLE, 1/3 IN MIDDLE w/ BALL**

- A.) PASS, RECEIVE BACK, TURN/DRIBBLE
- B.) PASS, CHECK AWAY, RECEIVE... \* ANGLES!
- C.) PASS, OVERLAP, RECEIVE... \* COMMUNICATION!
- D.) PASS, PLAYER ON R/L IN CIRCLE CHECKS IN TO RECEIVE, PASSER TAKES HER SPOT \* AWARENESS!

**III. CIRCLE POSSESSION - 2 IN CIRCLE**



- 2 IN MIDDLE PASS/REC'ING
- BALL PLAYED IN TO A
- B MOVES INTO SUPPORT/OPENS UP FOR PASS
- B PLAYS BACK TO CIRCLE



- 1 v. 1 IN MIDDLE
- OUTSIDE PLAYERS → 3 TOUCHES MAX
- KEEP PLAY MOVING, HIGH INTENSITY!
- INSIDE → UNLIMITED TOUCHES
- INSIDE MAY NOT TACKLE OUTSIDE PLAYERS, MAY INTERCEPT PASSES

- \* \* QUALITY OF PASSES
- SUPPORT ANGLES
- FIRST TOUCH QUALITY
- OFF BALL MOVEMENT



**IV. SSG. →**

- TRANSFER BOX
- PASSING - WIDTH - DEPTH - SUPPORT ↗
- FREE PLAY.

PASS IN EACH QUADRANT