



MOVES

SET UP:

20yd Diameter circle
Up to 12 players around the circumference
Four players with a ball

ACTION:

Players with the ball move into the circle. They make three 'Moves' of their choice then pass out to a teammate on the edge of the circle and change places with him.

The receiving player repeats the sequence and finds a player to change places with.

When the player in the circle passes to the player on the circumference they must sprint towards that player as a defender, but with limited pressure.

TIPS:

Encourage players to sprint into space once after making each move. Look up when running with the ball. This will allow them to see opportunity to move into space without colliding with teammates. Players will often pick 'moves' they are confident using during a game, encourage use of different 'Moves' during training sessions.

NOTES: