



soccer stop™

northern colorado

Exercise: The Circle

Set Up: One 20yd X 20yd square, 2-teams

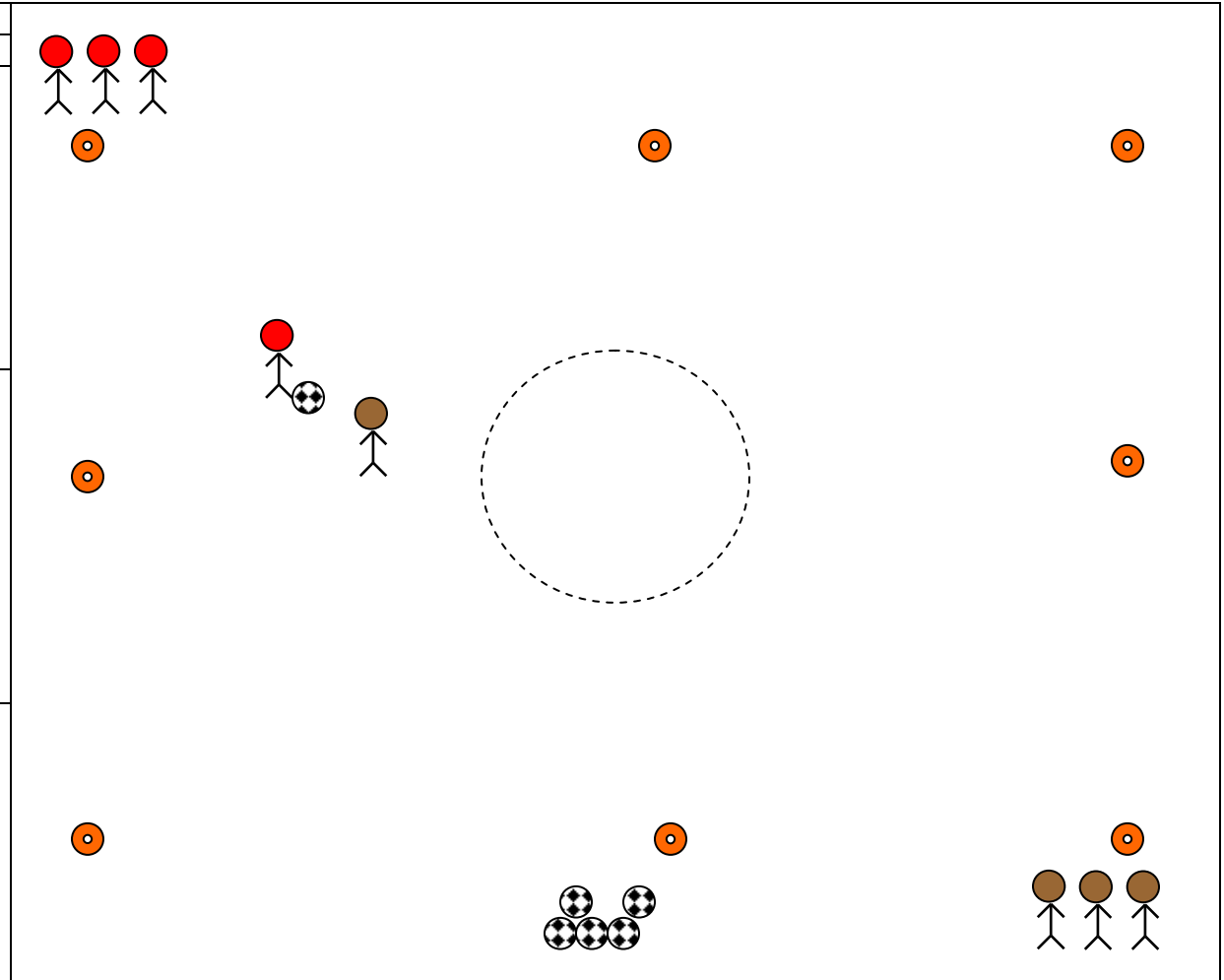
Method: One team on each of opposite corners of square. A flexible rope/hose creates a 6yd diameter circle at center of box. Coach has supply of all soccer balls at one edge of box. Coach tosses one ball into a random spot inside the box. One player from each team challenges for the ball. The player who is able to advance the ball into the circle and stop it in the circle, takes the ball back to their team's line as a "trophy". The turn is over when a trophy is won or the ball goes out of the box. The team with the most trophies after all the balls have been played is the winner.

Skills to Teach:

1. Offense: Dribbling for possession.
2. Offense: Skill moves.
3. Offense: Quick penetration into space.
4. Offense: Shielding the ball.
5. Defense: Delay
6. Defense: Deny
7. Defense: Direct
8. Defense: Destroy
9. Aggressiveness & competitiveness! Allow them to be physical!

More Challenge/Variation:

1. Add a time constraint on each turn (e.g. max 15-seconds). This increases player urgency in moving the ball and earning a trophy.
2. Make the game 2v1, 2v2, 3v2, 3v3.
3. Team with the fewest "trophies" does a calisthenic (e.g. leg-lifts, push-ups, squat-thrusts).



Exercises are provided FREE of charge and are to be used only as a guide.

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