

Soccer Sample Plays

Circle Pass and Move

Purpose - A drill to improve players passing, receiving and movement. Area - A circle 15 to 20 yds. in diameter. Players - 4 to 8 players.



#1 - [0.00]

Players stand around the edge of the playing circle. The drill begins with X1 passing the ball to X2. X1 then follows his/her pass and takes the position of the receiving player. X2 passes to another player (chosen at random) in circle and follows his/her pass.