

Circle Of Death

Goal:

This drill forces offensive players to move the ball, defensemen to react to the hole, and attack to recognize the unfolding unsettled transition situation.

Description:

- Break players into 2 teams (off & D on both)
- 5/4 offensive players are in the center soccer circle with 1 less defensive player
- Coach puts a ball in play with GB or pass to offense. **Use weighted tennis balls**
- Play continues until offense scores or defense gets the ball out of the circle (throw, kick or force offensive player out).
- Immediately put the next ball in play
- repeat 5 times then switch teams
- Keep score 1 for goal 1 for no goal.

Equipment:

Plenty of balls. Cage

Use weighted tennis balls

Focus (offense):

- Think 1 step ahead
- Make extra pass
- Slam dunks not 3 pt
- Box shooting

Focus (Defense):

- Rotation (I, Δ , Box)
- Stick to inside
- Get last check



