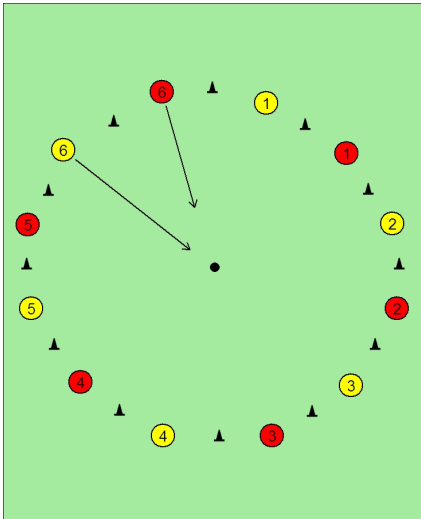




Circle - passing

First to the ball

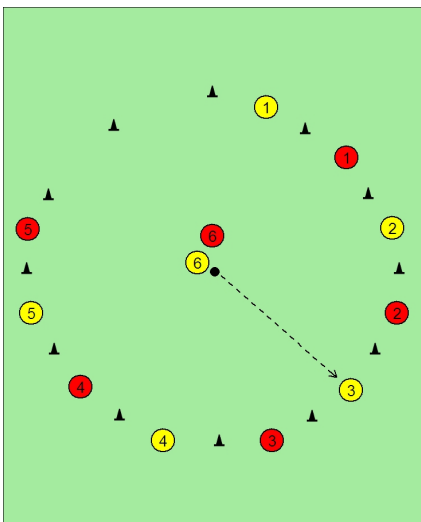


How it works

Two teams of players spread out around the edge of a circular playing area with a ball in the middle.

Players are numbered in pairs, one from each team, or could be given the name of a soccer team.

When the coach calls a number or name the two players run into the middle to try and be 'first to the ball.'

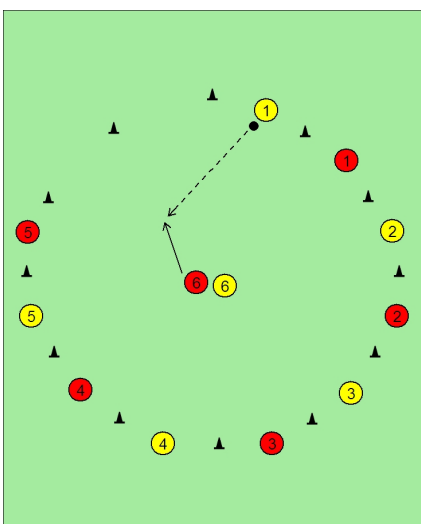


Yellow Player 6 has reached the ball first and has passed to a member of their team on the edge of the circle.

The red and yellow players around the edge must stay between the cones on either side of them at all times.

The yellow team then has to keep possession of the ball for as long as possible.

If the ball goes out of the playing area the two players return to the edge of the circle. Another ball is placed in the middle of the and the coach calls another number to try and be 'first to the ball.'



If the red player in the middle wins possession of the ball through a tackle or by intercepting a pass (as shown in the diagram) then the red team try to keep possession for as long as possible.

Each team tries to beat the points total (1 point for each pass) made previously.

Possible changes

If a team reaches 10/20 passes without losing possession the coach could call another number and both those players also enter the circle. Another pair could also be called if the same team keep the ball for another 10/20 passes.

Players with the same number could be positioned at opposite sides of the circle but be careful that they stay on their feet and tackle fairly if they reach the middle at the same time.