

# Technique circuit

By Michael Beale

This is a good warm-up for your training sessions – a circuit that tests your players' basic technique. It's a really good circuit because it involves everyone, moves quickly and it's great fun.

You're testing the basic skills of your players – passing and receiving, headers, one-twos, dribbling, and controlling and shooting. You can write down which players can do which technique and the ones players need to work on.



- Arrange your players and two goalkeepers around the four stations in a 30-yard square as shown in the picture above.
- Mark out a five-yard square in the centre of the larger square.
- The first player at each station runs to the middle square.
- The players complete a technique exercise and then go out to become a server.
- The serving player jogs into the middle square and then out to complete a technique before becoming a server again.

## The stations and techniques to perform

1. Receive a pass and then pass first time into one of the mini goals.
2. Receive a thrown pass for a header at goal.
3. Receive a pass and make a one-two with you or a helper and then dribble out.
4. Receive an aerial pass to control and shoot at goal.

Players complete a different exercise each time they enter the area. The practice is repeated for a set time period.

## Progression

Any of the techniques can be replaced with different exercises that you feel appropriate to the warm-up. The examples above are to encourage quick play and improved finishing skills.