Football Individual Circuits

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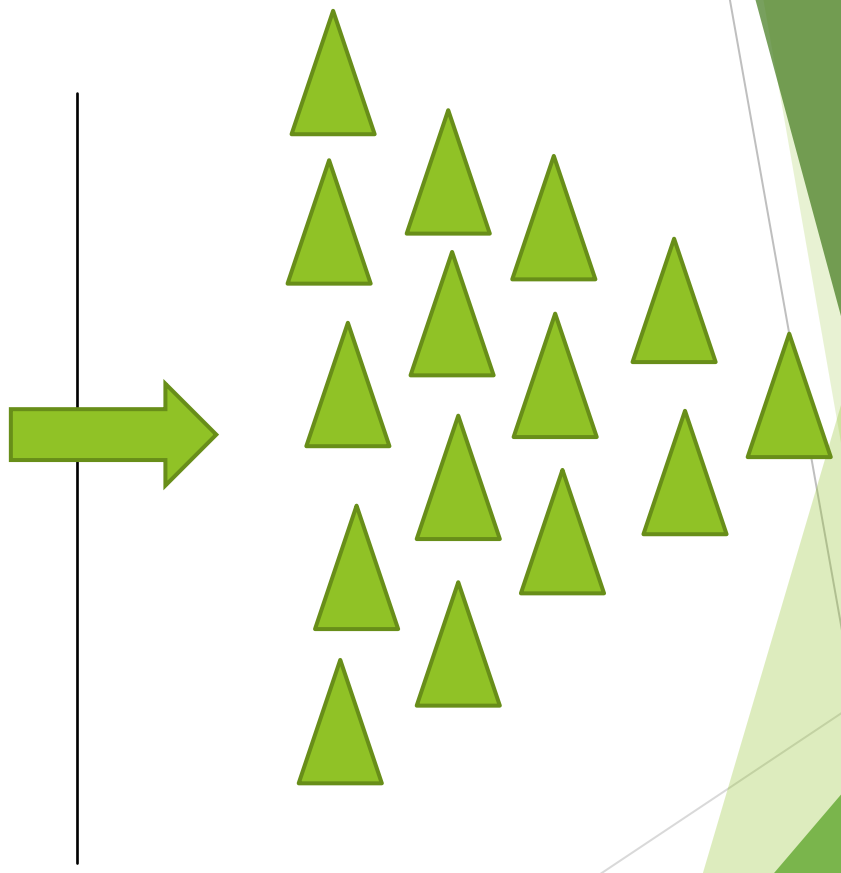
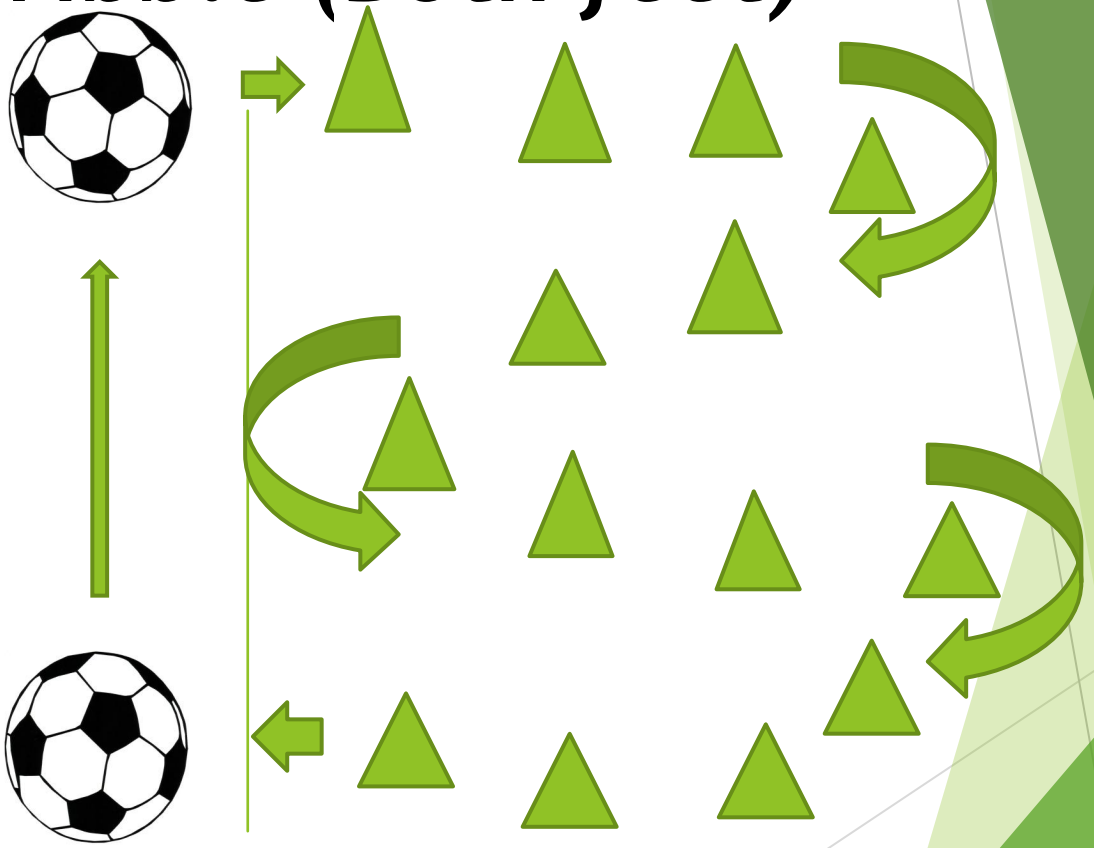
Circuit No 1
Target passing hit

Passing target hit.
Kick ball Using inside of both feet to knock over target.
1 point for each knocked over.



Circuit No 2
Cone dribble (Both feet)

Using both feet dribble in and out the cones. Repeat.
1 point for each circuit completed in specified time.



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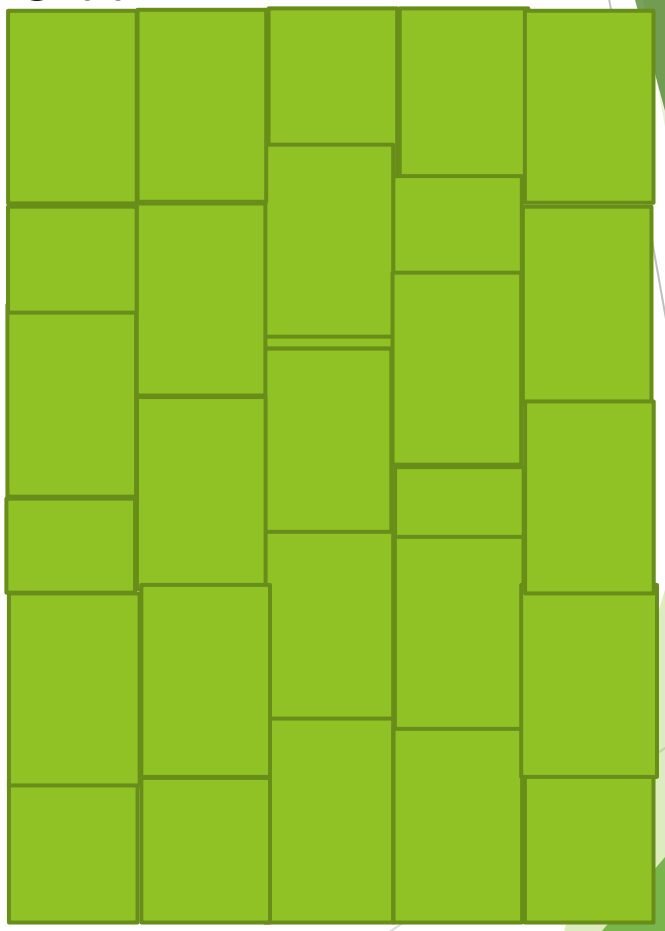
Circuit No 3
Off the wall

Hit Ball off wall.
Counting how many hits you can get.
Try high and low hits.
Use both feet.



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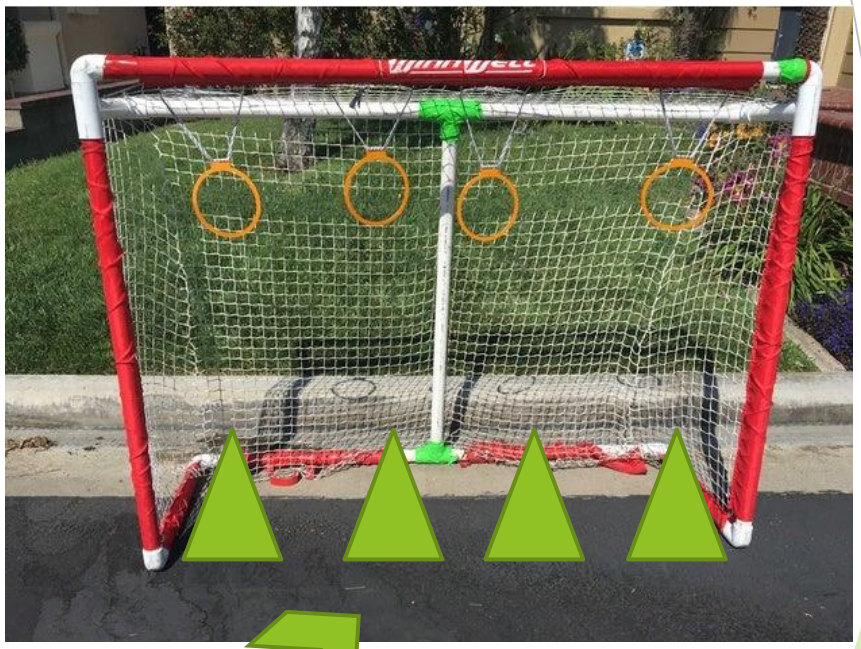
Circuit No 4
Shooting Accuracy

Goal is divided up –players try to score points by hitting target with ball. Different points allocated to low and high targets!



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Circuit No 5
Toe Taps

How many toe taps can you complete in allocated time? Changing feet from right to left tap your toes on top of ball keeping in under control

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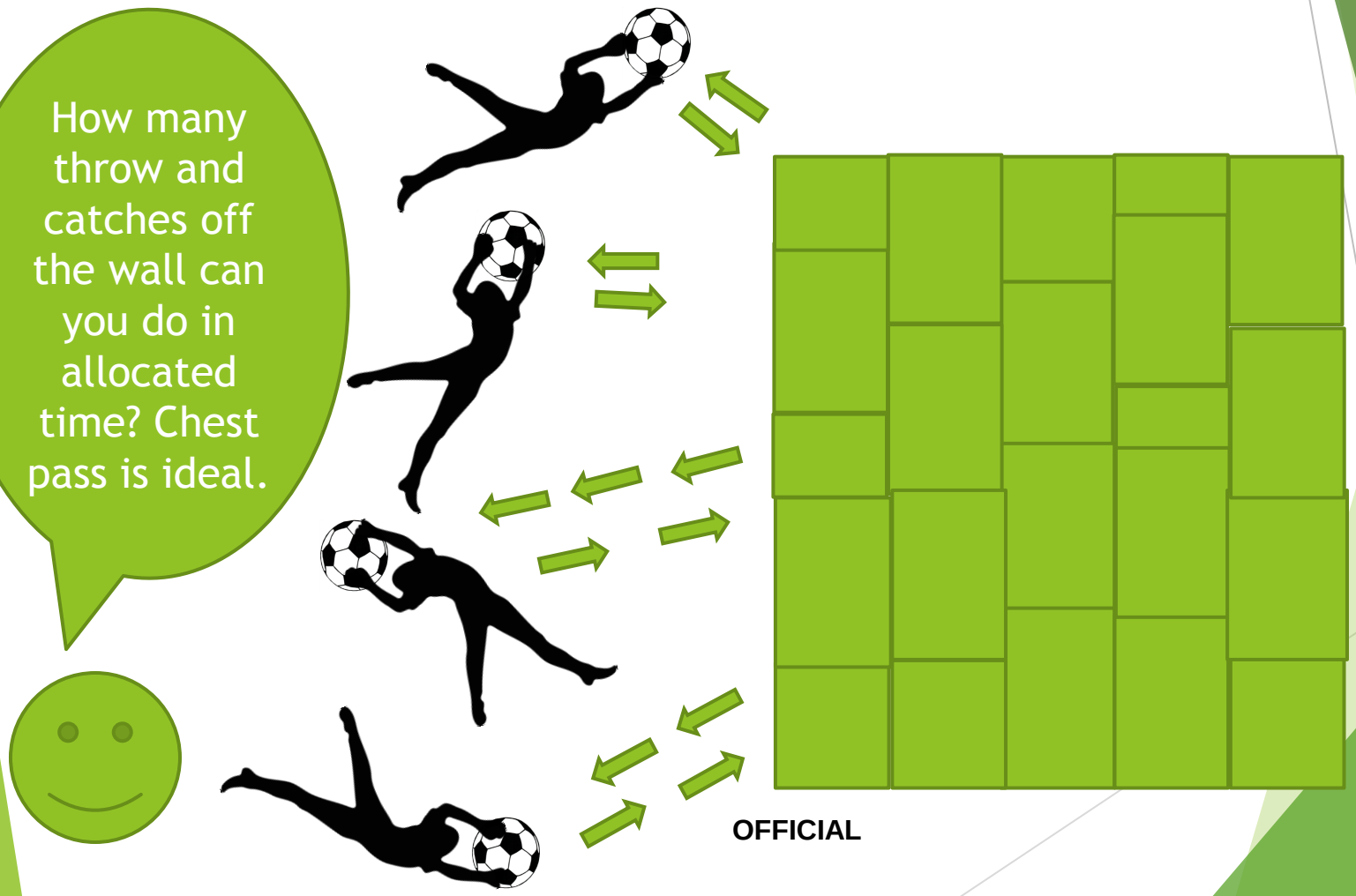
Circuit No 6

Goalkeeping-Wall Passing

How many throw and catches off the wall can you do in allocated time? Chest pass is ideal.



Circuit no 7
Keepy ups:
Using different body parts.

Three options-

1. **Easy:** Kick up and catch.
2. **Medium:** Hit in air then allow bounce between each.
3. **Hard:** Full keepy up

How many can you do?

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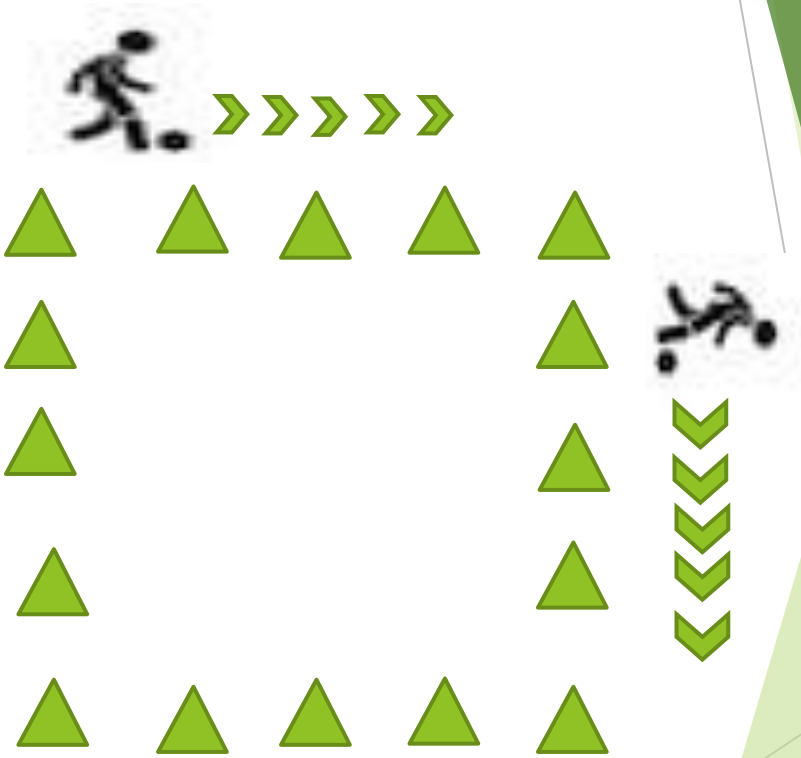
Circuit 8
Penguin Walk

Moving the ball between both your feet using the inside of your feet only.

Circuit 9
Ball control

Going around square use foot nearest cones to control ball Reverse process using opposite foot.



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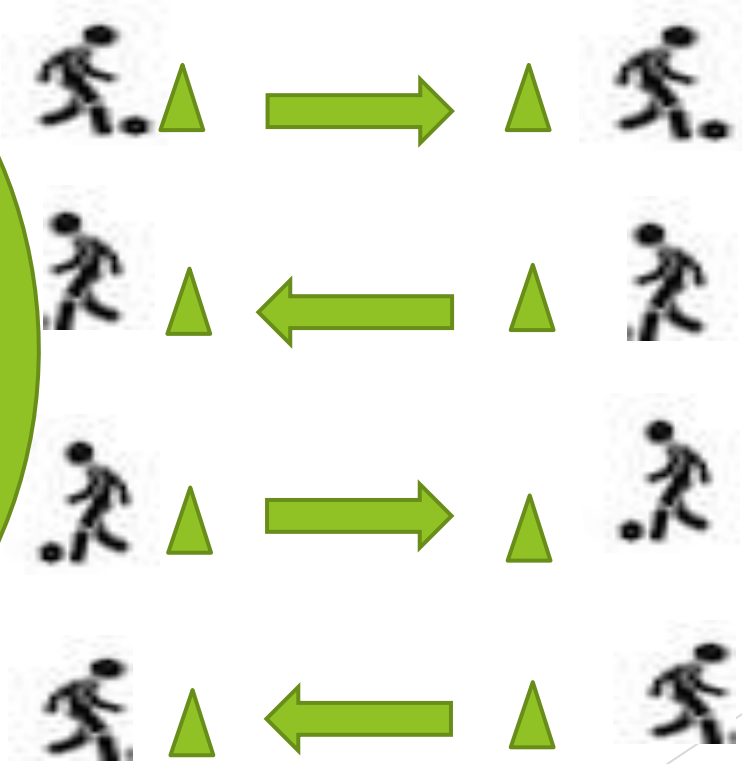
Circuit 10
Running with and off the ball

Dribble ball out to cone and do a turn- The most skillful trick the better- and back to start cone. Repeat.