

Football Circuits Pack P4-7

- Slide 1 - Contents
- Slide 2 - Target Passing Hit
- Slide 3 - Cone Dribble
- Slide 4 - Off The Wall
- Slide 5 - Shooting Accuracy
- Slide 6 - Toe Taps
- Slide 7 - Goalkeeping - wall passing
- Slide 8 - Keepie Uppies
- Slide 9 - Penguin Walk
- Slide 10 - Ball Control
- Slide 11 - Running with and off the ball

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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.

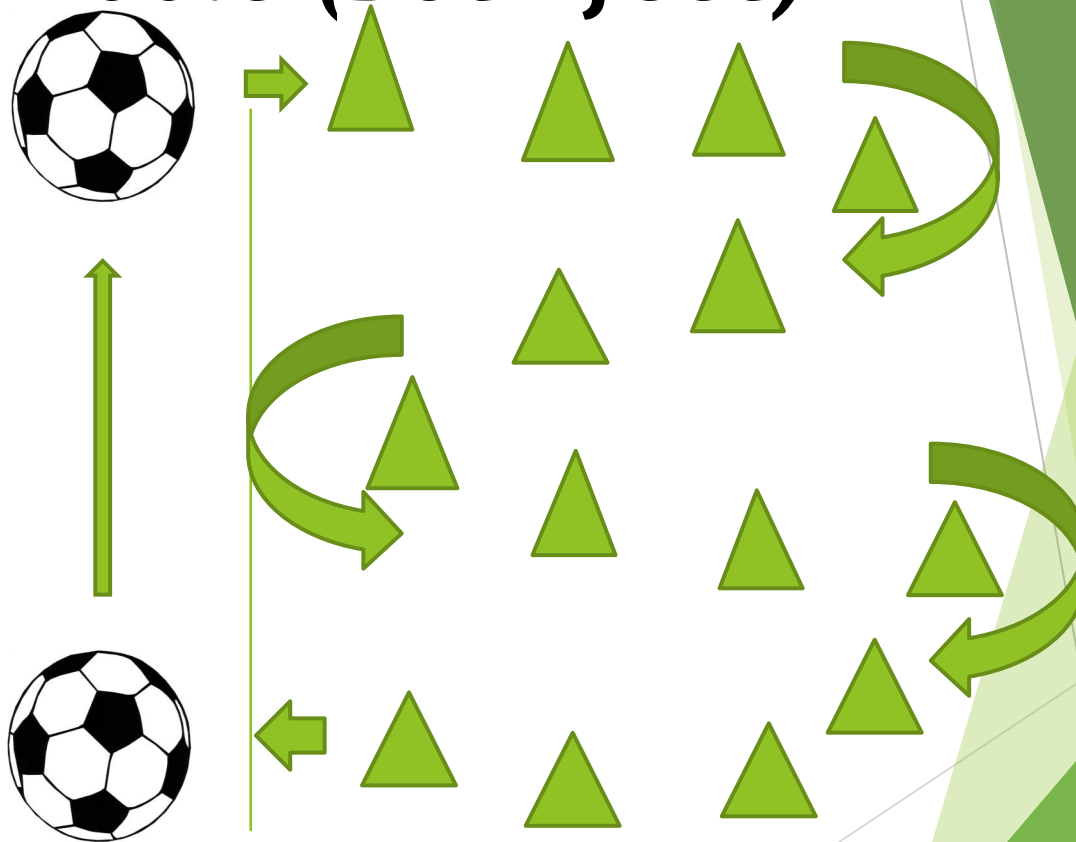


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Circuit No 2

Cone dribble (Both feet)

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

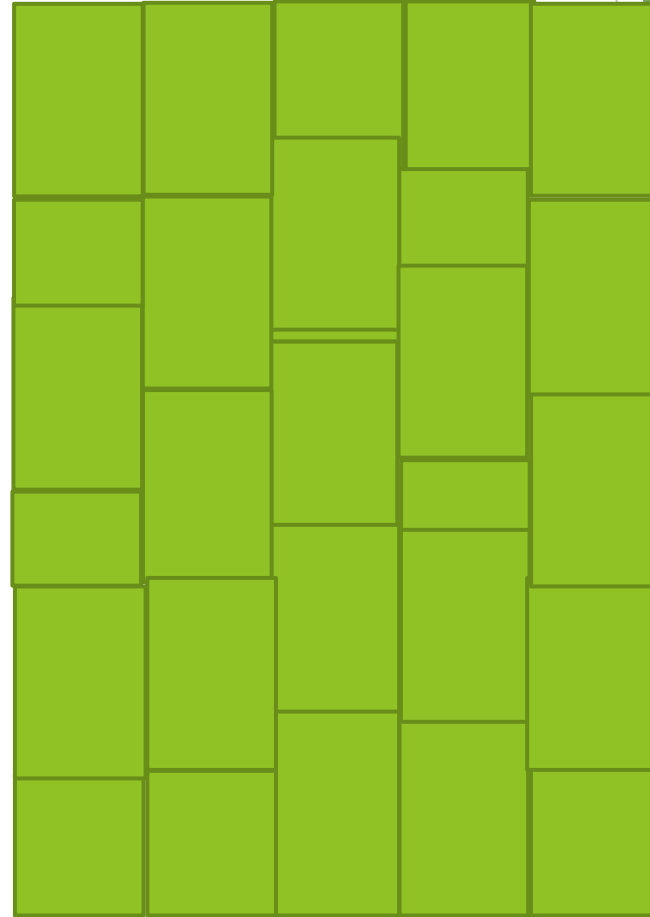


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Circuit No 3

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



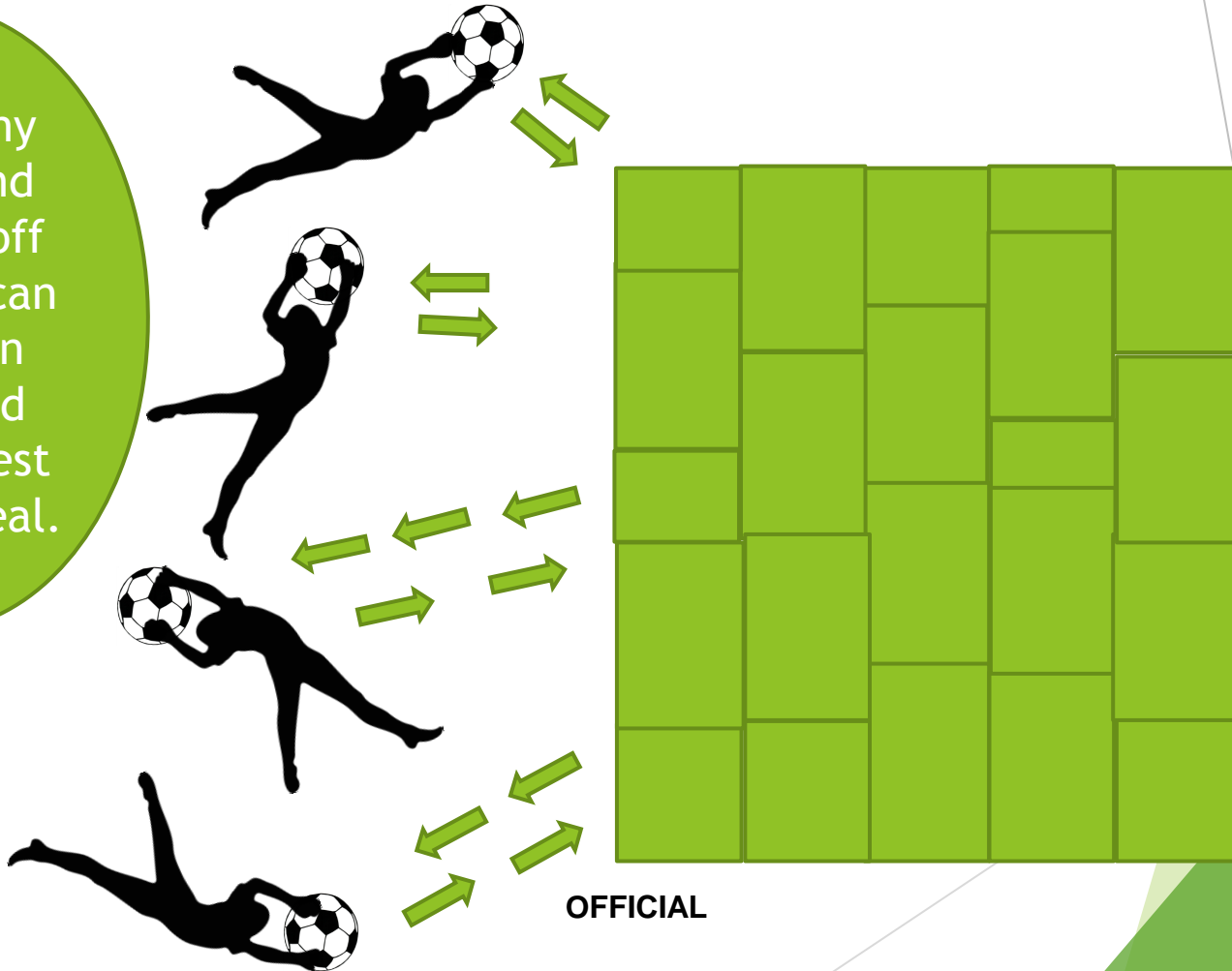
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Circuit No 6

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

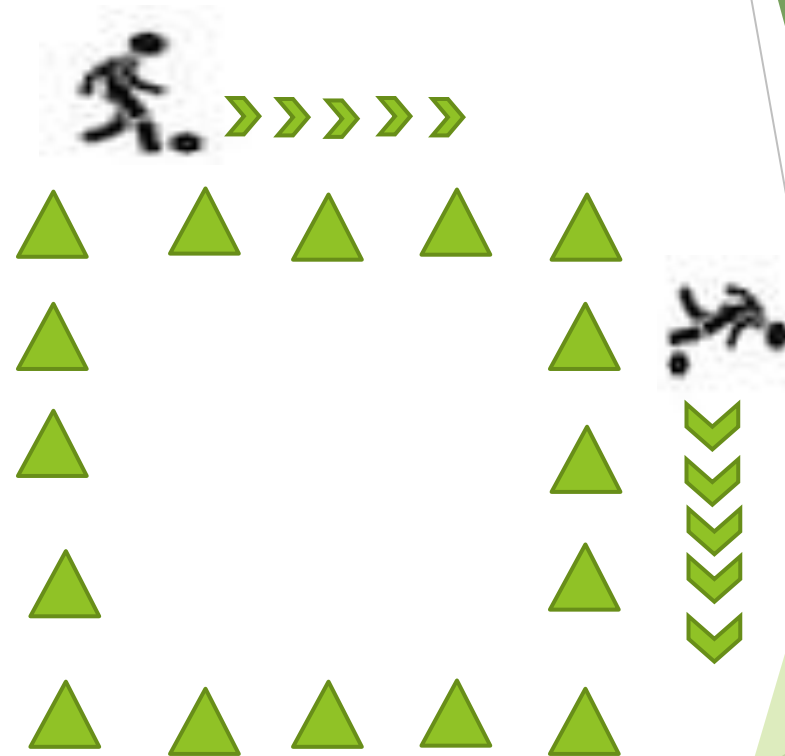
Moving the ball between both your feet using the inside of your feet only.



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Circuit 9 ***Ball control***

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

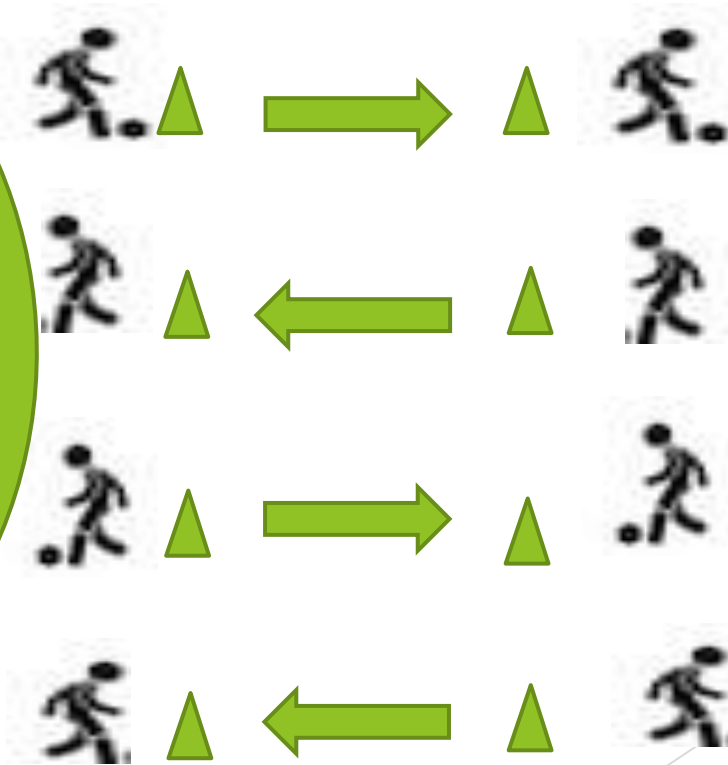


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Circuit 10

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.



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