

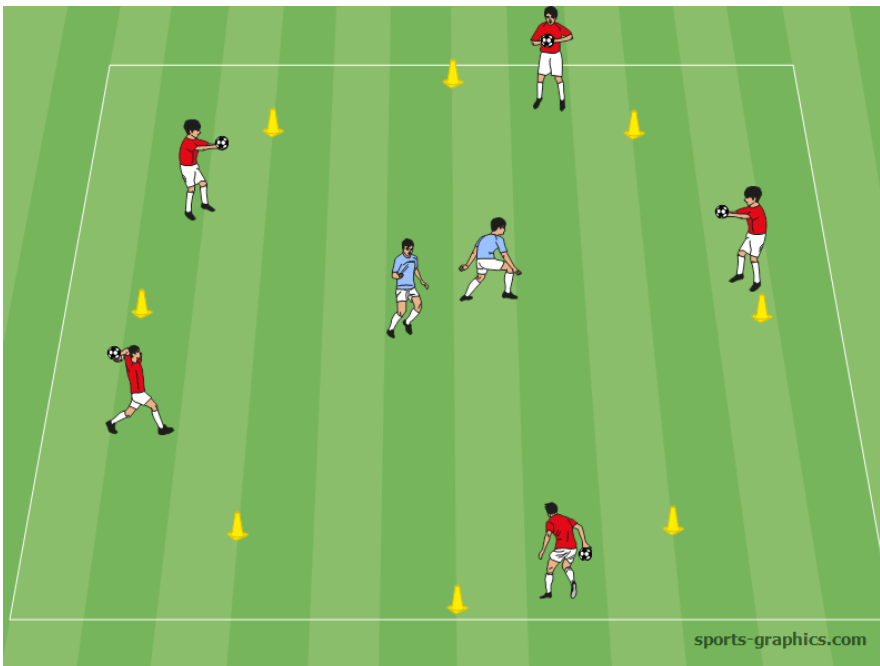
# CIRCLE BALL

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance,  
Coordination and Speed



Mark out a circle approximately 15yds in diameter - adjust for squad size. Two players stand in the centre of the circle. Players on the outside have one or two balls. The players on the outside try and hit the middle players with their ball. Middle players run to dodge the balls. The player with the least hits wins. Rotate outside players to middle players. For obvious safety reasons, ensure the practice is relevant to the age group, and set rules such as below the knee etc.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



## LEARNING OUTCOMES

- Improve basic agility enabling players to accelerate, decelerate and change direction quickly while maintaining speed, body control and poise.
- Players develop and improve sharp movements and increased reaction speed.
- Players will improve speed, agility, balance and coordination while developing overall running technique.

## KEY FACTORS

- Explosive movements
- Keep head and eyes up
- Maintain correct running form
- Short explosive steps into the turn
- Stay light on feet
- Use running action with arms

## FOCUS AREAS

- All drills designed to improve speed and agility must be executed at maximum effort.
- Build anaerobic (speed) endurance.
- Encourage rapid change of direction and acceleration.
- Progress training by increasing the intensity or duration to overload.

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