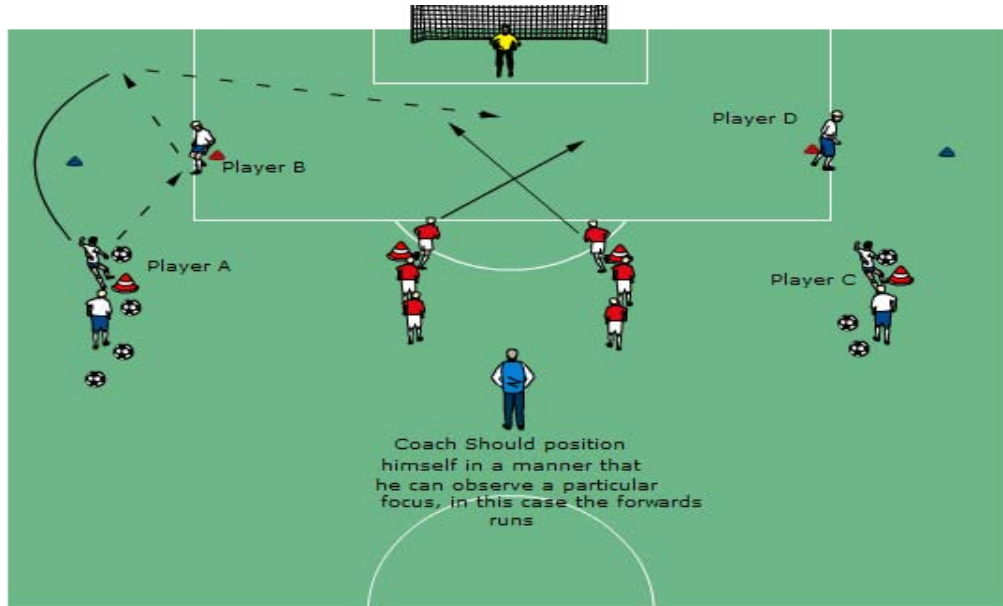


Service Circuit with Basic Combination



The Exercise:

Player A passes to Player B and moves around the outside disc, Player B drops the ball at a forward diagonal for Player A to run onto, Player A serves the ball into the box for 2 forward runners. Player B would now move to the end of the line. Player A would assume the position occupied by Player B. Player C now plays to Player D, follows the same pattern as players A&B.

Note: There should be 6 players to serve as runners into the box. This keeps the exercise going and also has the central players receiving balls for the different sides of the field.

Focus: Coach needs to make sure the players on the outside vary their service.

- Do we serve far post, near post?
- Driven or floated?
- Timing of the runs' from the strikers.
- Can we be crisp in our passing and Movement on the outside?

The Game: Play for 3 minutes, switch roles of red and whites. Allow players to have two rotations in each area. You can keep score to make it competitive. If you add one defender, ask him/her to mark one of the strikers. This will force the server to get his/her head up and recognize which player is open.