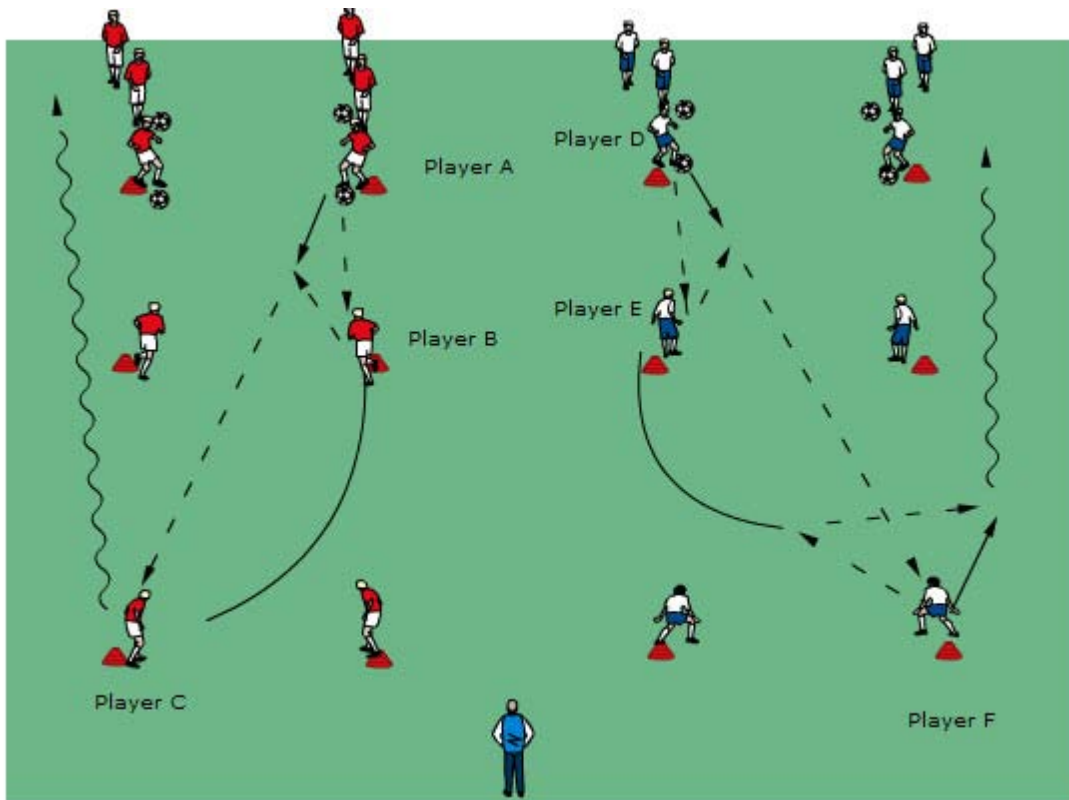


Ajax Passing Circuit



The Setup: The field should be 12 to 15 yards wide. The inner discs should be 10 to 12 yards from the starting discs. The far disc should be 20 yards from the inside discs.

Exercise 1:

- Player B “checks away” to begin movement.
- Player A passes to player B, and supports the pass.
- Player B drops the pass and spins to the outside of the disc and runs to take up Player C's position.
- Player A plays a longer diagonal ball to Player C.
- Player C receives ball and runs with it, to the end of the nearest line.

Note: The same movements are occurring simultaneously along the left side of the picture.

Best to have 4 balls with 10 to 12 players in each group.

Coach should observe:

- Pace of the passes
- Movement of players
- Speed of the player running with the ball

Exercise 2: Same initial movements as in Exercise 1, but now player E (B) moves to support F (C) after he drops to Player D (A).

As in Exercise 1 movement should be occurring on both sides simultaneously.

Variation: Players can serve the longer pass through the air.