

### 1. Equipment

Minimum of 12 players  
A number of balls  
5 marking hats

### 2. Setup

Place 8 hats evenly spaced on the centre circle, with 2 players and 1 ball at each hat. Place a cone in the middle of the circle.

### 3. Exercise explanation

#### Start phase:

Player A plays the ball in to player B. Player B rebounds the ball to A at one time. After the rebound, player B makes a run outside.

#### Follow-up:

Player A plays the ball into player B's run. Player B receives the ball and passes to player C.

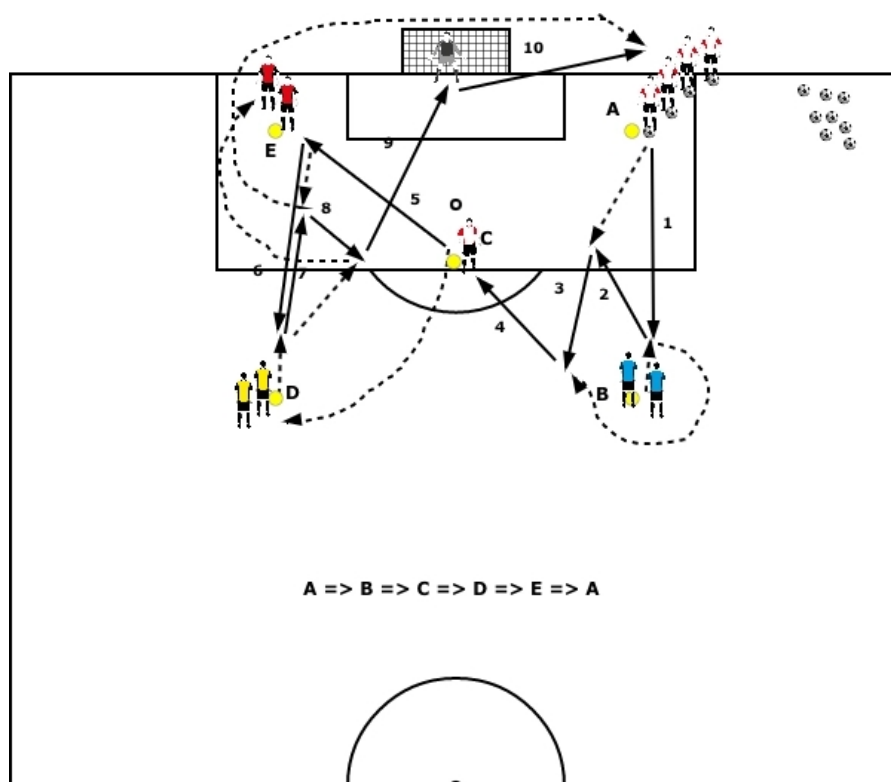
#### Middle phase:

Player C controls, turns open, and plays a pass to player E. Player E receives the ball and passes to the in-running player D. **Finishing:**

Player D enters into a 1-2 combination with player E. After the combination, player D takes the ball and finishes in the hands of the goalkeeper.

#### Rotation:

Ensure that each player rolls on to the next position after their action, so that the circuit keeps running. A → B → C → D → E → A.



### 4. Coaching and Notes

#### Coaching:

Ensure correct execution of body drills, including passing, taking on and ball control. Pay attention to the timing and precision of passes and runs.

Encourage communication and focus on build-up and completion.

#### Notes:

Adjust field dimensions according to the number of players and their level.

Warm-up exercises can be carried out during the changeover between player A and player B.

Perform the exercise alternately via the left and right side to maintain symmetry in the workout.