



# COORDINATIVE CIRCUIT

CONTENT		CONCEPT	
BMS: Turning		-Minimal contact with the ground. -Knee flexion during contacts.	
MICROCYCLE DAY	TIME	SPACE	
MD+1 / MD-4	2 sets of 7 mins with 1 min breaks	20x35m	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Recovery / Strength	17 players	2 high poles, 2 poles, 4 hoops, 4 cones, 4 small hurdles and balls.	
DESCRIPTION			
The circuit starts simultaneously with two balls. The ball will always be played facing the line in front of it and will never stop. The players will all rotate in the same direction. Starting with the player on the bottom right the coordination will be as follows:			
<ol style="list-style-type: none"> <li>Turns between poles.</li> <li>Backward movements + 1/2 turn and acceleration to the next line (alternate the turn with right-left).</li> <li>In and out of the cross formed by two poles.</li> <li>Lateral movement over the hurdles + landing with the outside foot + landing with the other foot for a 1/4 turn + acceleration to the next line (alternate right-left).</li> </ol>			
RULES		SCORING	
The rotation will be in the direction of the ball.		No scoring.	
GRADIENT		FEEDBACK	
(+) Add more complexity to the circuit with more obstacles involving turns. (-) Decrease the complexity of the circuit by removing the circles / Remove the passes with the ball.		- Make turns with minimum contact. - Do not pivot the foot on the ground but in the air. - Bend the knee during contact. - Alternate left-right turns well.	

