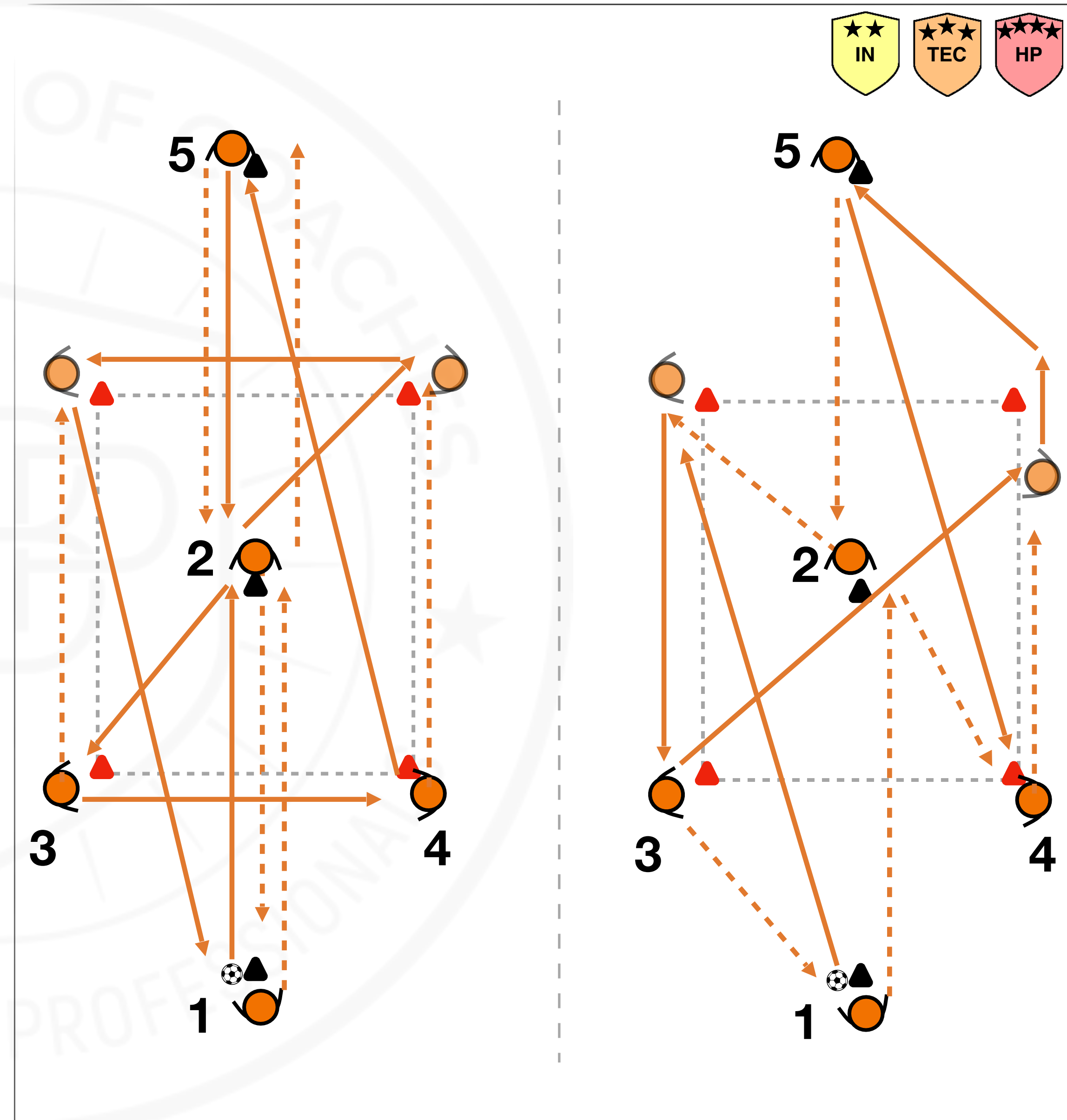




COORDINATIVE CIRCUIT

CONTENT		CONCEPT	
SMS: Control and Passing		<ul style="list-style-type: none"> - Do not stop the ball on the 1st touch - Prioritise the firm low pass 	
MICROCYCLE DAY	TIME	SPACE	
MD-4 /MD-3	3x2 mins with 1 min breaks	30x20m. 5 equal structures	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Endurance	5 players	Cones and balls	
DESCRIPTION			
<p>In each structure we must have 5 players, we will always have 2 on the sides (red cones) and 3 in the central channel (black cones). The passing sequence starts from player nº1 to player nº2 in the centre, who will lay off the ball in front of player nº3 so that they can change sides with player nº4. After these actions, player nº1 changes position with nº2 and nº3 goes to the other cone to offer support to player nº5, who will receive the ball from nº4 (longer pass). Once the ball reaches the other end of the structure, the process is the same but on the other side. Then, the players on the sides always move on two cones (red), the 3 players in the middle swap after each intervention, leaving the 3 spaces occupied.</p>			
VARIANT Nº2		RULES Nº2	
<p>The player in the middle can occupy a side cone, to offer more long support when the ball is in the corners. In addition, there is movement and position interchange between the 5 players.</p>		<ul style="list-style-type: none"> - Both ends of the structure must always be occupied with at least 1 player. - Passes may be repeated between players to allow time to occupy the opposite end of the structure. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> (+) Play on 1 touch into a larger space. (-) No limit on touches in smaller spaces. 		<ul style="list-style-type: none"> - Make the pass firm and to the foot of the teammate. Alternate short and long passes. - Do not stop the ball at the moment of reception. - Orientate the control towards the space where we want to give continuity to the action. 	



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