Circle Defense Drill

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OBJECTIVE

Develop circle-defense communication, pressure and cover while attackers create balanced scoring options.

Scan to view drill video

DIAGRAM



SETUP

Players

- 5 Attackers & 4 Defenders
- 1 Goalkeeper
- 3 Passers

Area

- Attacking circle

Equipment

- 1 goal
- Balls and cones

EXECUTION

1. Outside passers transfer the ball left, center, right, and back.
2. After the transfer, an outside passer either enters the circle or continues the transfer.
3. On the entry pass, play becomes 5v4 to goal.
4. Attackers may shoot, combine, or return the ball to an outside passer.
5. If the defense wins possession, they outlet to an outside passer.
6. Reset and repeat.

POINTS OF EMPHASIS

- Identify the most dangerous attacker and protect dangerous space.
- Communicate pressure, cover, and goalkeeper information.
- Defend with open vision, not just ball vision.
- Balance the circle and lead with purpose to create scoring chances.

VARIATIONS

- Vary the timing and location of the entry pass.
- Limit return passes to outside passers.
- Award a point for a controlled defensive outlet.
- Limit attackers to two touches after the entry pass.
- Require all attackers to touch the ball before shooting.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot

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