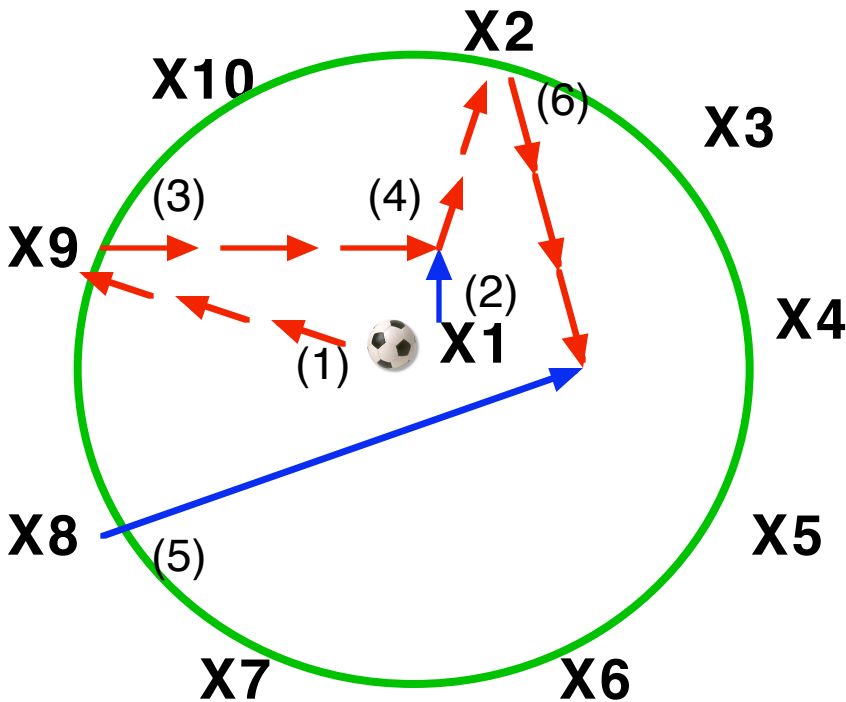


# TECHNICAL WARMUP: “Combination Play Circle”



## “OFF THE BALL RUN”

**Setup:** Team forms circle, one player inside, all others outside

**Drill:**

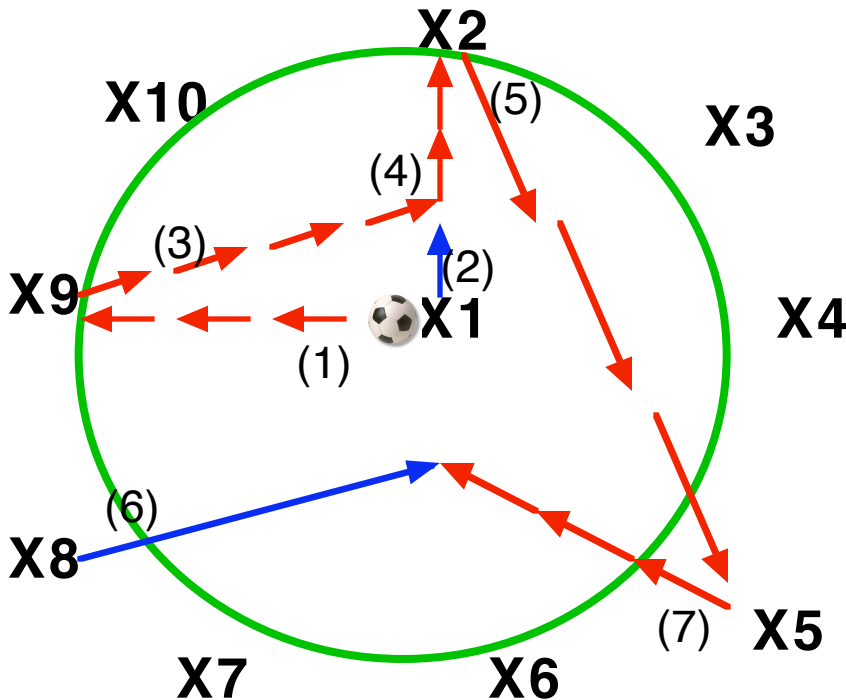
- (1) X1 passes to X9
- (2) X1 moves to space
- (3) X9 returns pass to X1
- (4) X1 passes to X2
- (5) X8 makes “off the ball run” to inside of circle
- (6) X2 passes to X8

**Progression:**

- > X1 moves to X8’s spot outside circle
- > X8 restarts drill by passing to any of the outside circle players

**Drill Note:**

> “Off the ball run” is always made by player to the right of the first player that is passed to (in this case, X8 was next to X9; if X8 restarts drill and passes to X4, then X3 would make the off-the-ball run)



## “OFF THE BALL RUN w/ SHORT-SHORT-LONG”

**Setup:** Same as above

**Drill:**

- (1) X1 passes to X9
- (2) X1 moves to space
- (3) X9 returns pass to X1 (“Short” pass)
- (4) X1 passes to X2 (“Short”)
- (5) X2 passes across circle to X5 (“Long”)
- (6) X8 makes “off the ball run”
- (7) X5 passes to X8

**Progression:**

- > X1 moves to X8’s spot outside circle
- > X8 restarts drill by passing to any of the outside circle players

**Drill Note:**

> “Off the ball run” is always made by player to the right of the first player that is passed to (in this case, X8 was next to X9; if X8 restarts drill and passes to X4, then X3 would make the off-the-ball run)