

Pardaan

Technical Skills Circuit

A station-based circuit to sharpen core techniques.

A station-based circuit is a great way to give every player lots of touches while you work with small groups. Set up the six stations below around your area, split the squad evenly, and rotate every 4-5 minutes on a whistle. Each station trains one core technique and needs very little kit. Demonstrate each one before you start so the players run themselves.



Six stations spread around the area - rotate on the whistle.

The stations

#	Station	What players do	Kit
1	Ball mastery	Toe-taps, rolls and sole drags on the spot - both feet.	1 ball each
2	Passing wall	Pass and receive against a wall or partner, one and two touch.	Ball, wall/partner
3	Dribble slalom	Weave through a line of cones and back, close control.	6 cones, ball
4	Turns	Practise the Cruyff, drag-back and inside-hook turns.	2 cones, ball
5	Finishing	Shoot into a small goal from a served ball.	Goal, balls
6	Juggling	Keep the ball up - count your record and beat it.	1 ball each

How to run it

Split the squad so there are 2-3 players per station. Rotate clockwise every 4-5 minutes. Keep work-to-rest sensible for the age group and keep every player on a ball as much as possible.