

# RECEIVING CIRCLE

OBJECTIVE:	develops all trapping techniques
EQUIPMENT NEEDED:	two balls per group
SCALE:	center circle
NUMBER OF PLAYERS:	multiples of 10 to 16
SET-UP:	two players in middle start with one ball each

## PROCEDURE:

1. Can be done clockwise or counterclockwise.
2. Players in the middle execute each of the following techniques (one at a time), pass the ball to the next player in the circle, and take their place:
  - a. one touch on the ground
  - b. two touch on the ground
  - c. thigh
  - d. chest
  - e. head
  - f. difficult ball (ball is thrown hard at player's feet)
3. Each player should complete at least five repetitions of each technique.

VARIATION(S): If you have more than 16 players in a larger circle, three balls may be used simultaneously.