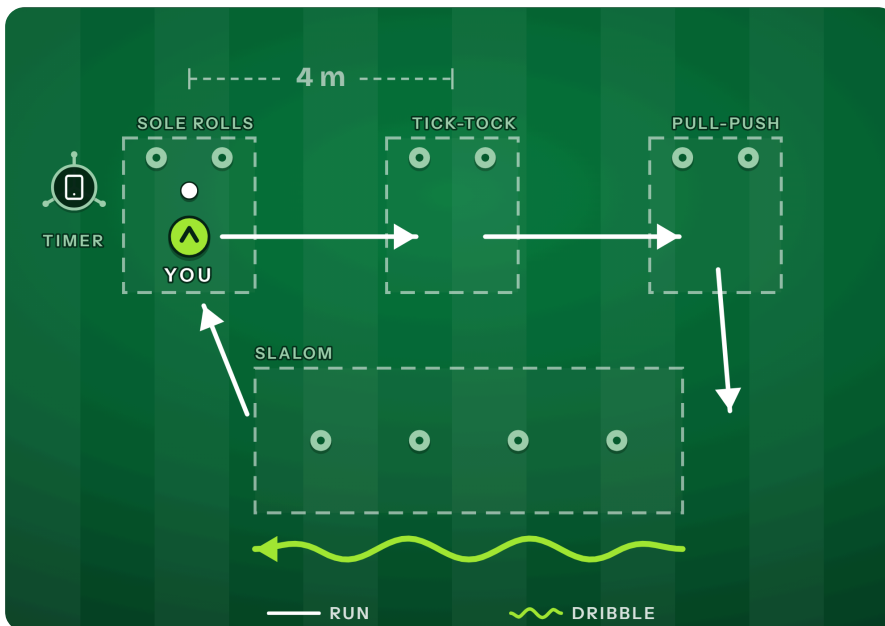




Ball activation circuit

TECHNICAL & TACTICAL · BALL MASTERY ·
1 PLAYER (OR A GROUP, ONE PLAYER PER STATION) · AGE 12+

Set up

A ball

10 cones

A phone timer

Stations 4 m apart

Dose

2 laps, about 16 min

Lap 2 reversed, other foot

Our target: 2 laps (about 16 min), 2-3 days a week. The stations, spacing and 30 s rest are ours; the tempo rhythm is FIFA's.

What it trains

A short ball routine before training: four stations on one clock, so you start the session with plenty of clean touches on both feet. The rhythm is borrowed from FIFA's technical activation. It is not an injury-prevention warm-up.

How it works

- 1 On flat grass (about 12 x 8 m), set three 1 m cone lanes 4 m apart and a slalom of 4 cones in a line, 1.5 m apart: 10 cones. Size 4 ball at U12-U13, size 5 from U14.
- 2 Set a phone timer. At each station: 30 s easy to find your tempo, then 1 minute quicker. Then 30 s rest while you walk to the next station.
- 3 Station 1 sole rolls and station 2 tick-tock (episode 3), station 3 pull-push (episode 17), station 4 dribble in and out of the slalom cones, then walk back to the start.
- 4 Lap 2: the stations in reverse order, with your other foot leading. 2 laps take about 16 minutes.
- 5 Then do your injury-prevention warm-up (FIFA 11+ from 14, FIFA 11+ Kids under 14, see episode 2) or your club warm-up before any sprinting or jumping.

Coaching points

- 1 **Ball stays in the station**
Keep the ball inside each station: between the two cones for sole rolls, tick-tock and pull-push, and close to the cones on the slalom. If it escapes, bring it straight back and keep the clock running.
- 2 **Quiet, quick touches**
Small, soft touches you can hardly hear, quicker in the minute but never so quick that the ball runs away. Lift your eyes between touches (FIFA's ball-mastery cue: heads up, eyes forward).

× **Not this:** Starting each station at full speed instead of finding your tempo, so the ball keeps running out. And treating the circuit as your warm-up: it does not replace FIFA 11+ (or FIFA 11+ Kids) before sprints and jumps.

➤ HARDER

Cut the rest to 20 s. Or a partner calls out a new move as you arrive at each station (drag-back, inside-outside, a Cruyff turn), and you play it for the minute.

➤ EASIER

One lap only, with 1-minute rests, and stay at the easy tempo until every touch stays in the station.

🛡️ Safety

- Flat, dry grass with space round every station, never a road or a polished floor. Keep clear of walls and windows.
- This is a ball routine, not an injury-prevention warm-up: do FIFA 11+ (FIFA 11+ Kids under 14) or your club warm-up before sprints or jumps. The FIFA warm-ups were tested in injury trials; this circuit was not.
- The ball can roll under your foot during sole work, so start each station slowly. Stop if anything hurts.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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