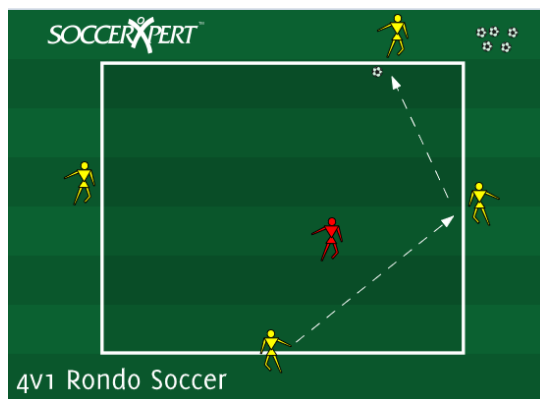




Drill Quick Glance

Age: 8+	Field: 10X10
Players: 5+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

4v1 Rondo

Objective:

This rondo variation is geared for younger player or players you are just introducing to the rondo training.

Setup

1. Create a 10x10 grid.
2. You will need 5 players per grid. You can place many grids around the field as necessary.
3. Four offensive players, one on each of the four sidelines positioned outside the area. These players remain on this side of the area and should only travel from left to right along the outside of the area.
4. One defensive player starts inside the area. This player is restricted to defending inside this area and should not move outside the area.
5. You will start with one ball, but make sure you have a supply of balls close.

Instructions

1. The offensive team starts with the ball.
2. The first pass to another offensive player is free. After this pass, the defensive player attempts to win the ball.
3. The offensive players should use their space to quickly pass around the one defender.
4. If the defensive player wins the ball or the ball is grossly misplayed, the player making the mistake switches roles with the defender.

Coaching Points

- Offensive players should be moving into good supporting angles to assist their teammates.
- Quality passes and good first touch is a must.
- Encourage players to use body feints and fakes to off-balance a close defender.

Variations

- For beginners, have the players play with their hands, although do not allow them to throw the ball higher than their heads. This will force players to open up to the side and get players comfortable with the supporting movements.
- Add a fake before the pass.
- Limit touches: 1-touch or 2-touch only. Rotate defenders if the touch limit is exceeded.