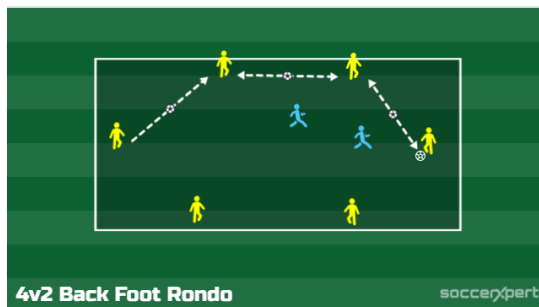




Drill Quick Glance

Age: 10+	Field: 8x12
Players: 6	Time: 15 min.
Difficulty: Medium	Focus: Passing
Keeper: No	Type: Small Group
Author: Chris Johnson	

Equipment

4v2 Back Foot Rondo: Play Left or Right

Objective:

This 4v2 rondo takes a classic possession game and adds one rule that makes players think. No passes across the grid. The ball can only go to the teammate on the left or the right. With two defenders hunting the ball, players have no time to receive closed and turn. They must open up early and take the ball on the back foot so the next pass is ready to go. I love this game because the rule does the coaching for you. A player who faces the passer gets trapped. A player who opens the hips and lets the ball run across the body plays out with one clean touch. Expect quicker passing, smarter movement along the lines, and players who scan before the ball arrives. The two defenders also get great work on pressing as a pair. Set up one grid for every six players and let them compete.

Setup

- Mark out an 8x12 yard rectangle with four cones.
- Place one attacker on each of the four sides of the grid. Attackers play on the outside of the lines.
- Place two defenders inside the grid.
- Give the two defenders bibs so they are easy to spot and quick to swap.
- Use one ball per grid and keep a few spare balls close by for fast restarts.
- No goals or goalkeepers are needed.
- For bigger squads, build one grid for every six players.

Instructions

1. Start the ball with any attacker on the outside of the grid.
2. The four attackers pass the ball around the grid and try to keep it away from the two defenders.
3. Attackers can only pass to the teammate on their left or their right. Passes to the player straight across are not allowed.
4. Attackers can slide along their own line to open a passing lane, but they stay on the outside of the grid.
5. Ask each player to receive with the back foot, the foot furthest from the ball, so the first touch moves toward the next pass.
6. The two defenders work together to win the ball or force a bad pass out of the grid.
7. When a defender wins the ball, or a pass leaves the area, that defender swaps with the attacker who made the mistake. If a pass goes out with no clear winner, the defender who has been in longest comes out.
8. Attackers score one point for every 6 passes in a row. If the same two defenders stay in for 60 seconds, swap in a fresh pair.
9. Play for 15 minutes with short water breaks. Change the starting spots often so players work on both feet.

Coaching Points

- Open the body before the ball arrives. Hips should face the middle of the grid, not the passer.
- Receive with the back foot so the first touch sets up the next pass.
- Move along the line and get out from behind the defenders. The passer needs to see a clear lane to the feet of the teammate.
- Both side players must offer help at the same time. If only one is open, the defenders will shut it down.
- Pass firm and on the ground to the back foot of the teammate.
- Look over the shoulder before the ball comes so the next pass is already decided.
- Watch for players who stop the ball dead under their body. Freeze play, show the open body shape, and restart.
- Coach the defenders to work as a pair. One presses the ball and the other cuts off the next pass.

Variations

- Limit attackers to two touches. One touch to receive and one touch to pass.
- Go one touch for strong groups that keep the ball with ease.
- Make the grid bigger, such as 10x15 yards, to give newer players more time on the ball.
- Make the grid smaller to raise the pressure on first touch and speed of play.
- Drop to one defender and play 4v1 in a 6x10 yard grid if the group struggles to string passes together.
- Give the defenders a point for every ball they win and keep score across the session.

- Let defenders who win the ball try to dribble out of the grid for a bonus point. This adds a quick reaction for the attackers to win it back.