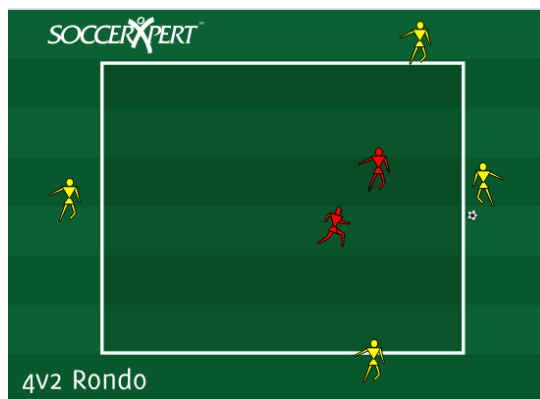




Drill Quick Glance

Age: 10+	Field: 10x10
Players: 6	Time: 10 min.
Difficulty: Medium	Focus: Possession
Keeper: No	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers

4v2 Rondo

Objective:

The 4v2 Rondo is a great soccer possession game to work on passing, angles of support, and movement off the ball to maintain possession.

Setup

1. Create a 10X10-yard area.
2. Position four possession players outside the grid with one ball.
3. Position two defenders inside the area.
4. One possession player will start with the ball.
5. Balls should be placed near the grid for quick restarts if the ball goes out of the area.

Instructions

1. The four possession players pass and move to keep possession from the defending players.
2. Players without the ball must support the player with the ball by giving them early support and good passing angles.
3. The two defenders will attempt to intercept passes by working as a team to close down passing lanes and pressure the player with the ball.
4. As the defender wins the ball, the ball can be played back to the attackers.
5. Defenders can keep track of intercepted passes and used for scoring.
6. Play will continue for two minutes before rotating the defenders.

Coaching Points

- Early movement to quickly support players with the ball
- Create passing lanes by supporting players in good angles
- Good passing angles
- Good body positioning open to the field to play with speed
- Passes must be crisp and to feet
- Proper weight and type of pass

Variations

- A point is awarded to the possession players after splitting the defenders
- A point is awarded to the possession players after x number of passes
- Rotate defenders after winning the ball x number of times
- Rotate defenders after 2 minutes
- Rotate defenders after winning the ball
- Limit touches to 1 or 2-touches