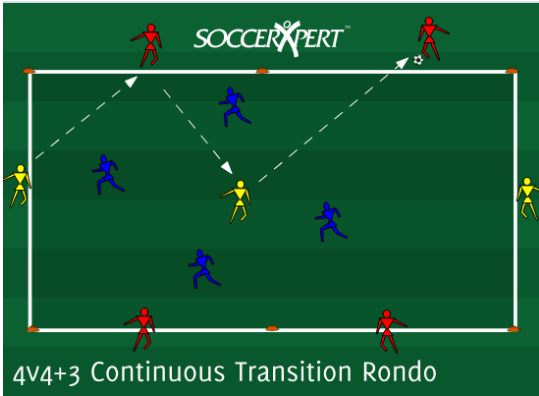




Drill Quick Glance

Age: 13+	Field: 10X20
Players: 11+	Time: 20 MINS.
Difficulty: Hard	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

4v4+3 Continuous Transition Rondo

Objective:
This drill develops quick decision-making, first-touch passing, defensive pressing, and transition play. Players learn to maintain possession under pressure while reacting instantly to role changes when possession shifts.

Setup

- Field Size: Two adjacent 10x10-yard grids (total 10x20 yards) marked by 6 cones
- Players: 11 total (3 possession players, 2 teams of 4)
- Roles:
Yellow (3 players): Always in possession (one inside, two on end lines)
Red (4 players): Starts as outside possession team on the sidelines
Blue (4 players): Starts as an inside defenders

Instructions

- The red team (4 players) and the yellow team (3 players) maintain possession, using quick passing.
- The blue team (4 players) applies defensive pressure inside the grid to win the ball.
- If the blue team wins possession, they must quickly pass to an outside player, transitioning to the new possession team.
- Having lost possession, the red team immediately moves inside to defend.
- The game continues fluidly, with teams transitioning between possession and defending without stopping.
- Play in 3-5 minute rounds, emphasizing continuous movement and quick transitions.
- Rotate each team as the possession team.

Coaching Points

This drill enhances possession skills, defensive reactions, and team communication while simulating real-game transitions in a controlled, high-tempo environment.

Focus on:

- Quick Transitions: Players must react instantly when possession changes.
- First-Touch Passing: Encourage sharp, precise one- or two-touch passing.
- Support Play: Off-ball movement is crucial for creating passing angles.
- Defensive Pressing: Defenders should work as a unit to force mistakes and win possession quickly.
- Communication: Players must constantly talk to organize transitions and maintain possession.

Variations

- Touch Restriction: Limit possession players to two touches max.
- Man-Marking Challenge: Defenders must track specific players to increase defensive intensity.
- Time-Limited Possession: Require possession teams to complete 6-8 passes before switching play.
- Extra Defender: Add a neutral defensive player to increase difficulty for possession teams.
- Directional Play: Designate one end line as the attacking side where possession must be played into before scoring a point.