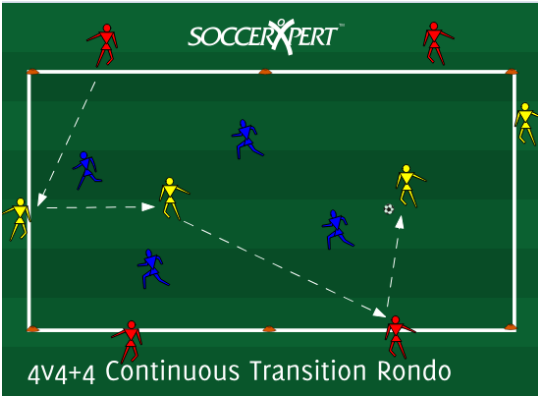




Drill Quick Glance

Age: 13+	Field: 10X20
Players: 12+	Time: 20 MINS.
Difficulty: Hard	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

4v4+4 Continuous Transition Rondo

Objective:
This drill enhances quick decision-making, possession retention, and defensive pressing. Players develop composure under pressure, transition speed, and teamwork through a continuous cycle of possession and defending.

Setup

- 1. Field Size: Two adjacent 10x10-yard grids (total 10x20 yards) marked by 6 cones
- 2. Players: 12 total (3 teams of 4 players)
- 3. Roles:
 - Yellow (4 players): Non-rotating possession team (two in the middle, two on end lines)
 - Red (4 players): Starts as outside possession team on the sidelines
 - Blue (4 players): Starts as the inside defenders

Instructions

- 1. The yellow team (4 players) and the red team (4 players) maintain possession using quick passes.
- 2. The blue team (4 players) applies defensive pressure inside the grid to win the ball.
- 3. If the blue team wins possession, they must quickly pass to an outside yellow player and transition to the possession team outside the grid.
- 4. The red team, having lost possession, immediately moves inside the grid to defend.
- 5. The drill continues fluidly, with teams transitioning between possession and defense without stopping play.
- 6. Play in 3-5 minute rounds, focusing on maintaining tempo and quick transitions.
- 7. Rotate each team as the possession team.

Coaching Points

This drill improves technical passing, defensive awareness, and transition play, creating a high-tempo environment that simulates real-game scenarios.

- Quick Transitions: Players must react instantly when roles switch.
- First-Touch Passing: Encourage sharp, precise one- or two-touch passing.
- Movement Off the Ball: Players should constantly adjust their positioning to create passing lanes.
- Defensive Pressing: Defenders must work as a unit to force turnovers quickly.
- Communication: Players must talk to organize their transitions and support teammates.

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 make ball retention harder.
- Directional Play: Designate one end line as the attacking side where possession must be played into before scoring a point.