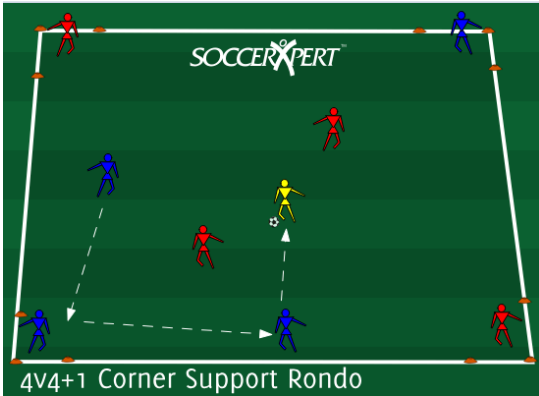




Drill Quick Glance

Age: 9+	Field: 15X15
Players: 9+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

4v4+1 Corner Support Rondo

Objective:
This drill improves quick passing, spatial awareness, and teamwork by encouraging players to use both central and corner support players to maintain possession. Players develop composure under pressure and transition awareness.

Setup

- 1. Field Size: 15x15 yards with a small triangular area marked at each corner
- 2. Players: 9 total (2 teams of 4 + 1 neutral player)
- 3. Roles:
 - Red (4 players): Two players positioned in diagonal corners, two inside the grid
 - Blue (4 players): Two players positioned in diagonal corners, two inside the grid
 - Neutral (1 player): Floats inside the grid, always supporting the team in possession.

Instructions

- 1. The game begins with the coach passing to the team in the grid.
- 2. The possession team must complete passes while using their two corner teammates and the neutral player as outlets.
- 3. Corner players remain in position and quickly return passes to their teammates in the grid.
- 4. The defensive team applies pressure to win the ball and transition into possession.
- 5. When possession changes, the neutral player and corner players adjust their support accordingly.
- 6. Play in 3-5 minute rounds, emphasizing movement, passing, and transitions.
- 7. Rotate corner players each round.

Coaching Points

This drill enhances ball control, passing rhythm, and decision-making while reinforcing teamwork and quick transitions in tight spaces.

- Quick Passing: Encourage sharp, accurate passes to break defensive pressure.
- Movement Off the Ball: Players should constantly reposition to create passing options.
- Using the Corners Wisely: Teach players to use their stationary teammates as a reset option.
- Defensive Pressing: Defenders should work together to force turnovers and transition quickly.
- Awareness & Communication: Players must recognize space, anticipate passes, and talk to teammates.

Variations

- Touch Restriction: Limit inside players to one or two-touch passing to speed up play.
- Mandatory Corner Use: Require teams to play to at least one corner player before switching play.
- Directional Play: Assign specific targets or a required passing sequence.
- Extra Neutral Player: Add a second floating neutral player to create more passing options.
- Timed Possession: Award a point for every 6-8 consecutive passes completed.