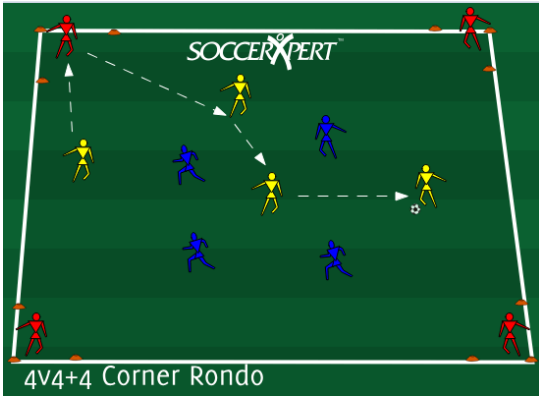




Drill Quick Glance

Age: 12+	Field: 25X25
Players: 12+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

4v4+4 Corner Rondo

Objective:
This drill enhances passing accuracy, spatial awareness, and teamwork by encouraging players to use the four corner players as outlets to maintain possession. It also develops defensive pressure and quick transitions.

Setup

- Field Size: 25x25 yards, marked by cones
- Players: 12 total (3 teams of 4 players)
- Roles:
 - Red (4 players): Positioned at the four corners as neutral possession players
 - Blue (4 players): Competes inside the grid against the red team
 - Yellow (4 players): Competes inside the grid against the blue team

Instructions

- The blue and yellow teams play 4v4 inside the grid, maintaining possession.
- The red team players positioned at each corner are neutral support players.
- The team in possession can pass to any of the four corner players, who must quickly pass the ball back to the same team.
- The defending team works to win possession and immediately transitions to attacking play, using the corner players for support.
- The game flows continuously, with quick ball movement and positional adjustments.
- Play in 3-5 minute rounds, then rotate roles.

Coaching Points

This rondo drill enhances passing combinations, positioning, and defensive pressing while reinforcing possession play under game-like pressure.

- Quick Ball Circulation: Encourage fast, accurate passing to shift defenders.
- Off-the-Ball Movement: Players should adjust positioning to create passing angles.
- Using the Corners Wisely: Teach players to use the corner support to relieve pressure.
- Defensive Organization: The defending team must press as a unit to force turnovers.
- Transition Speed: Teams should quickly adjust from attacking to defending roles.

Variations

- Touch Restriction: Limit inside players to two-touch play for quicker decision-making.
- Corner Pass Rule: Require a team to use at least one corner player before scoring a set number of passes.
- Directional Play: Assign a target corner that teams must reach before switching play.
- Man-Marking Challenge: Defenders must track specific players for increased pressure.
- Timed Possession: Teams must complete 6-8 passes within a set time to earn points.