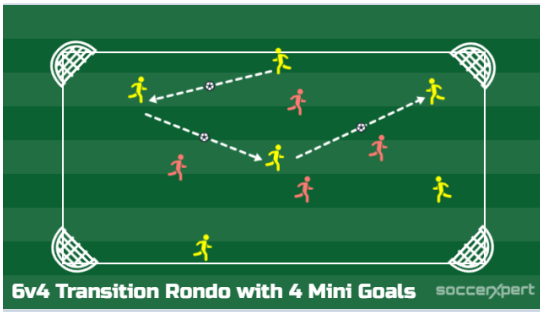

Drill Quick Glance

Age: 10+	**Field:** 20x35
Players: 10	**Time:** 15 min.
Difficulty: Medium	**Focus:** Possession
Keeper: No	**Type:** Small Group
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

6v4 Transition Rondo with 4 Mini Goals

Objective:
This 6v4 rondo turns a simple possession game into a real fight for the ball. Six attackers keep the ball and score by stringing passes together. Four defenders hunt it down, and the second they win it they can score in any of the four mini goals in the corners. That one twist gives both teams a reason to work. The six learn to spread out, pass with purpose, and receive on the move under real pressure. They also learn the hard lesson that losing the ball costs them, so they must react at once and win it back. The four learn to press together, win the ball, and attack fast before the other team recovers. I have run games like this for years, and the best part is how close it feels to match day. Possession, defending, and transition all happen in one grid with no lines and no waiting.

Setup

- Mark out a 20x35 yard rectangle with cones.
- Place a mini goal in each of the four corners. Angle each goal so it faces the middle of the grid.
- Split ten players into a team of six attackers and a team of four defenders. Use bibs to tell the teams apart.
- All ten players play inside the grid.
- Spread the six attackers out so they use the full width and length of the grid.
- Keep a supply of balls with the coach on the outside for fast restarts.
- No goalkeepers are needed.

Instructions

1. The coach plays a ball in to the team of six to start the game.
2. The six attackers keep the ball away from the four defenders with quick passing and movement.
3. The attackers score one point each time they complete 8 passes in a row.
4. The four defenders press together to win the ball.
5. When the defenders win the ball, they attack right away and try to score in any of the four mini goals. A goal is worth one point.
6. When the six lose the ball, they must react at once and try to win it back before the defenders can score.
7. If the six win the ball back, they go straight back to keeping possession and the pass count starts again at zero.
8. If the ball leaves the grid or a goal is scored, the coach plays a new ball in to the team of six.
9. Play rounds of 3 minutes. After each round, pick four new defenders so every player works on both sides of the ball.
10. Keep score across the rounds and play for 15 minutes in total.

Coaching Points

- Attackers must make the grid big. Use the width and the length so the four defenders have more ground to cover.
- Give the player on the ball at least two passing options at all times. Move after every pass.
- Receive with an open body and play away from pressure with the first touch.
- Look for the pass that splits two defenders when it is on. It takes several players out of the game at once.
- When the six lose the ball, the closest player presses at once and the others close off the nearest goals. Do not let them stand and watch.
- Defenders press as a group. One player goes to the ball and the others cut off the short passes.
- When the defenders win it, look forward first. The nearest open goal is the target, and one or two passes should be enough.
- Watch for attackers who bunch up near the ball. Freeze play, spread them out, and restart.

Variations

- Limit the six attackers to two or three touches to speed up play.
- Change the pass target. Use 6 passes for newer groups and 10 passes for strong groups.
- Make the grid bigger to help the attackers, or smaller to help the defenders.
- Give the defenders a time limit of 6 seconds to score after they win the ball.
- Make a goal worth two points to reward fast, direct transition.
- Play 6v3 if the attackers struggle to keep the ball, or 5v5 for an even game with the same rules.
-

Let the defenders score only with a one touch finish to reward good support runs after the ball is won.