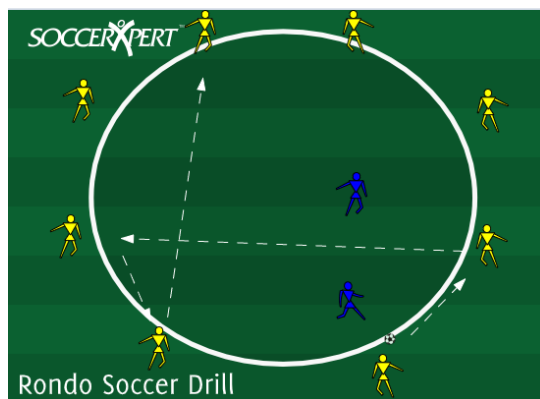




Drill Quick Glance

Age: 9+	Field: 10X10
Players: 8+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Circle Rondo Soccer Drill

Objective:

This circle rondo soccer drill is a great warm-up drill before a game, or a drill for your practice session.

Setup

1. Using cones, create a circle about 10 yards in diameter.
2. Position two defenders inside the circle.
3. Position the remaining players evenly spaced around the outside of the circle.

Instructions

1. The players outside the circle start with a pass to any of the players on the outside of the circle.
2. The outside players attempt to maintain possession without letting the defensive players win the ball.
3. The defensive players move around the inside of the circle to cut off passing lanes and win possession of the ball.
4. If possession is lost, whether to a defensive player, a bad pass, or a bad touch, the player making the mistake switches roles with one of the defenders.
5. Players switch roles quickly to keep the flow of the game moving.

Coaching Points

- Players should only move minimally around the outside of the circle to position themselves in good passing lanes.
- Encourage players to be creative as players often have to rely on tricks, flicks, flighted-balls, back-heels, and 1-touch passing
- Receiving players must learn how to react to handle all types of balls played to them.
- Players should think ahead of the play and be ready to play immediately.

Variations

- Limit the defensive side to 1 player for a lower skill level.
- Shrink the playing area for more skilled players.
- Limit touches to 1-touch.