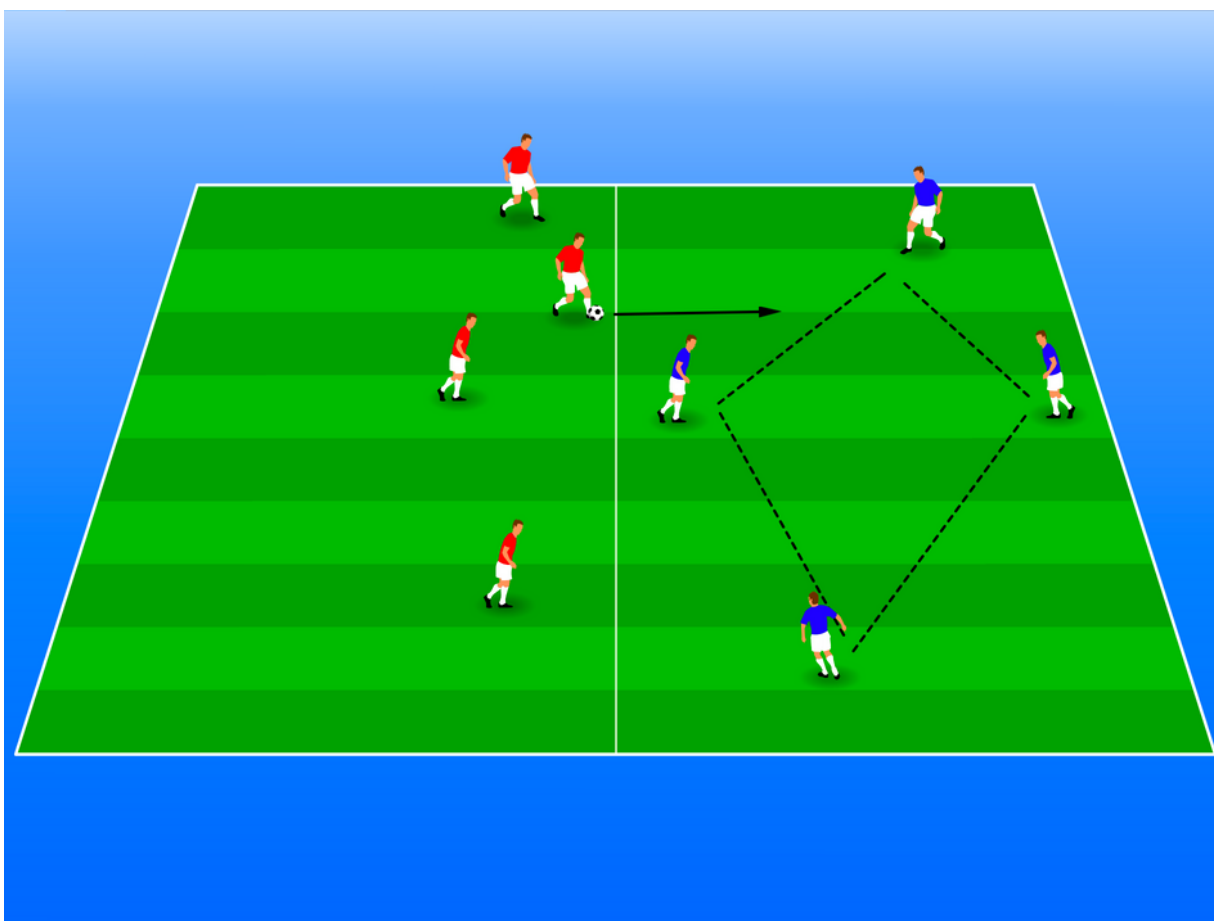




# 2 Team Rondo Beginner Possession Drill



## How it works

The possessing team will start with the ball in their half with 1 defender from the opposition team coming into the half to try and win the ball back.

If the possessing team can make 5 passes they will gain 1 point, however another defender will then be able to enter the area.

If all the defenders are in the areas every pass will count as 1 point.

If the defenders win the ball back they must try to pass/dribble back into their own so they can try to score points.

If the ball goes out of bounds off the possessing team the defending team will get the ball. If the ball goes out off the defending team the possessing team will get the ball however their pass tally will go to zero.

## Coaching points

- Create angles to receive the ball and support your teammate on the ball
- Receive the ball in an open body position on the back foot
- Constantly scan the area so you are able to identify spaces, defenders and your teammates

## Questions

- How can you help support your teammate on the ball?
- What position should you receive the ball in?
- How can you make the best decisions possible?

## Purpose

This 2 team rondo possession drill will gradually increase the pressure as players are getting success at keeping the ball under pressure

## Set up

- 15 by 20 yard area split in half
- 2 teams of 4
- 1 soccer ball

**Beginner**