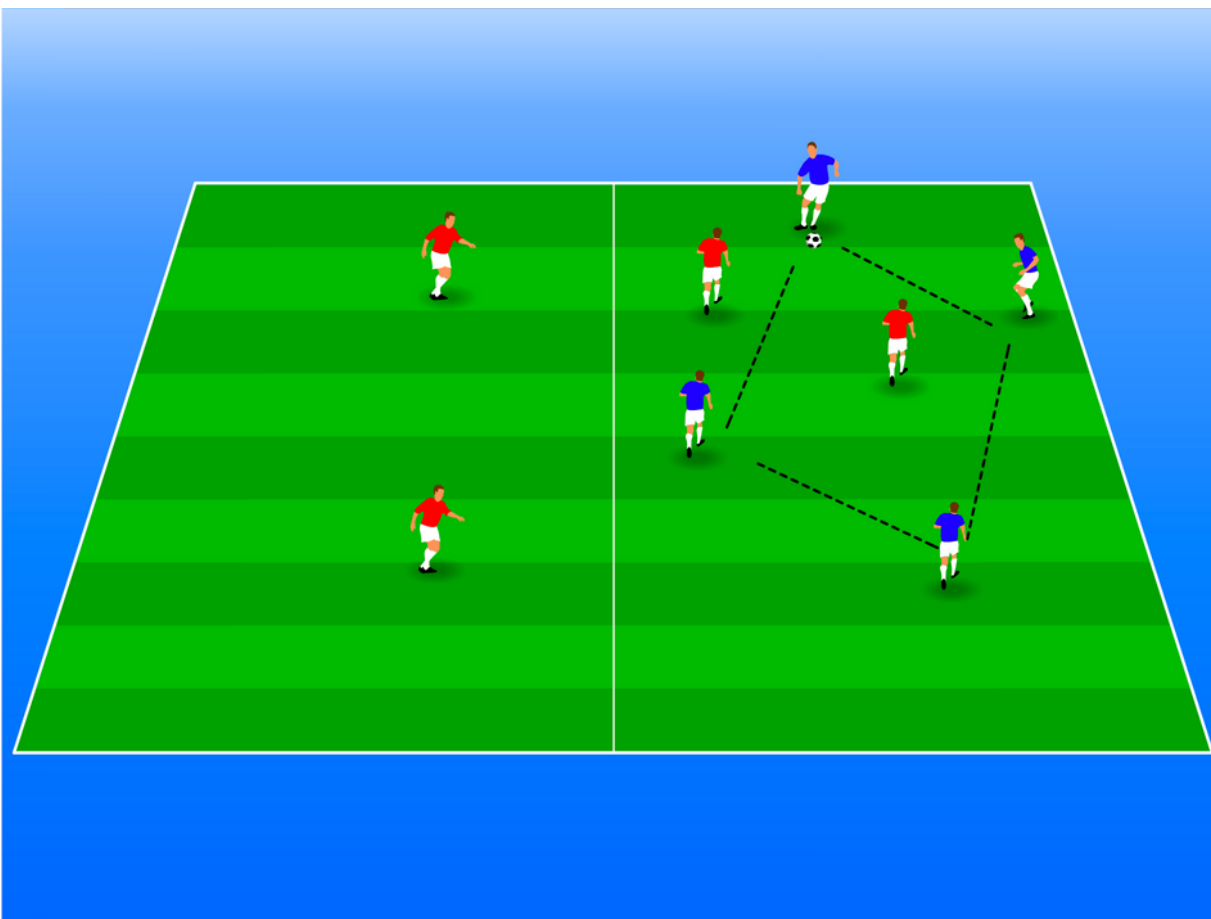


2 Team Rondo Possession Drill



How it works

The possessing team will start with the ball in their half and have to make 5 passes or play a pass that splits the defenders for 1 point.

2 defenders may enter the half and if they are able to win the ball back they must try to pass it back to their teammates in their respective half.

If the ball goes out off the defending the possessing team will restart play however their pass tally will reset to 0.

If the ball goes out off the possession team then the defending team will become the possessing team.

The team with the most amount of points will win

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 help your players keep the ball under pressure and transition from defense to attack or attack to defense,

Set up

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

Intermediate