

4v1 Rondo

How it works

Set up your area and place 4 players on the outside of the square (1 per side) with 1 player in the middle.

The players on the outside must see how many passes in a row they can get before the defender is able to steal the ball.

When the defender steals the ball they will swap with the player that gave the ball away.

Keep track of the high score of consecutive passes and encourage players to beat the high score

Coaching points

- Create angles to support the player on the ball
- Communicate with your teammates to help them make decisions quicker
- Make sure you are receiving passes in an open body position.

Questions

- How can you support your teammate on the ball?
- How can you help your teammates mates make quicker decisions?
- What body position should you receive the ball in?

Purpose

The purpose of this drill is a good way to introduce the basics of possession soccer. 4v1 scenarios gives the players an appropriate amount of pressure that enables them to get success but also challenges them.

Set up

- 7x7 yard area
- 1 soccer ball
- 5 players (1 defender)

Beginner

