

4v2 Team Rondo



How it works

2 players from each team of 6 will swap over, becoming the defenders in the opposite area. This will create a 4v2 scenario in both halves.

The two teams will be competing against each other for the highest score.

The team keeping possession of the ball will score points by trying to as many consecutive passes in a row as possible.

10 passes in a row = 10 points.

If the defending team is able to steal the ball and score a goal that will take 1 point off the possessing team's score.

The team with the highest score will be the winner.

Coaching points

- If you do not have the ball you should be moving to support your teammate on the ball
- Scan the area so you are aware of what is going on around you
- The first touch should take you towards the space and away from the pressure

Questions

- If you do not have the ball what can you do to support your teammate on the ball?
- How can you be aware of what is going on around you?
- Where should your first touch take and what should it take you away from?

Purpose

The purpose of this drill is to encourage players to retain possession when the numbers are in their favor. This is a great introduction drill for teams who are new to trying to keep possession of the ball.

Set up

- 25x40 yard area divided in half
- 2 soccer balls
- 2 teams of 6
- 4 goals

Intermediate

