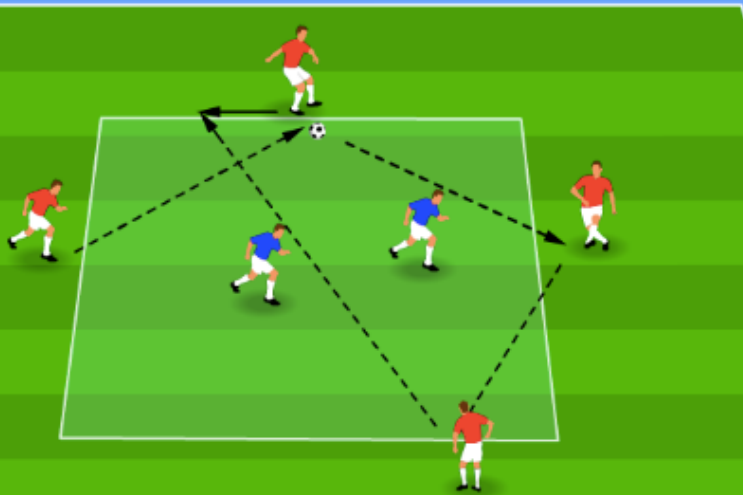


4v2 split the defenders rondo



How it works

Set up your 4 possessing players on the outside of the square.

They must keep possession of the ball without the defending winning it.

For every 5 consecutive (or combined) passes they make they will get 1 point.

If they play a successful pass through the defenders it will count as 3 points.

If the defenders win the ball they can keep the ball with the possessing player who lost possession of the ball trying to win it back.

Rotate defenders every 5 minutes

Coaching points

- Receive and control the ball in an open body position
- Create angles to support your teammate on the ball
- Be patient in the build up (try not to force a pass through the defenders)

Questions

- How should you receive and control the ball?
- What can you do to help support your teammates on the ball?
- When should you look to pass the ball through the defenders?

Purpose

The purpose of the rondo is to pull the defenders out of position to play a successful pass through the middle of them

Set up

- 10 x 10-yard area
- 1 soccer ball
- 4 players possessing
- 2 defenders

Intermediate