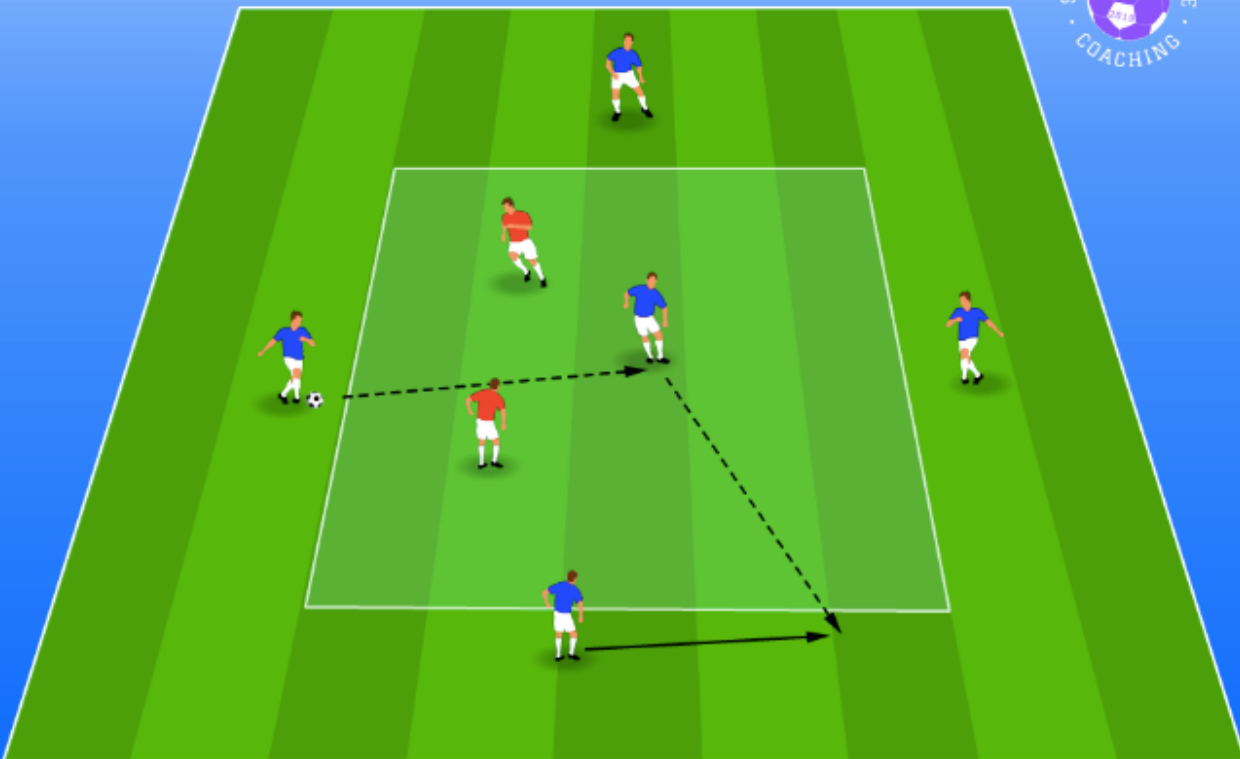


# 5v2 Player in the middle rondo



## How it works

Set up your square 5x5 yard area and place 4 players on the outside, 1 player for each square.

There will be 2 defenders and an attacker in the middle.

The possessing team gets a point every time a pass is successfully played from the outside to the inside player and then back to the outside player.

Rotate players around every 5 minutes and see who can get the highest score.

If the defenders win the ball the attacker in the middle must try to win it back

## Coaching points

- The attacking player in the middle should be constantly looking for a gap between the defenders to receive the ball
- The middle player should be constantly scanning the area so they are able to make quicker decisions
- If you are in the middle try to receive the ball in an open body position to keep more options of a pass open for you.

## Questions

- As the player in the middle where is the best place for you to receive the ball?
- How do you know what is going on around you?
- What body position should you be in? How can this body position help you?

## Purpose

The purpose of this soccer drill is to help players in the middle find gaps between players to be able to play quick 1 touch passes to teammates

## Set up

- 5x5 yard area
- 1 soccer ball
- 7 players

**Advanced**