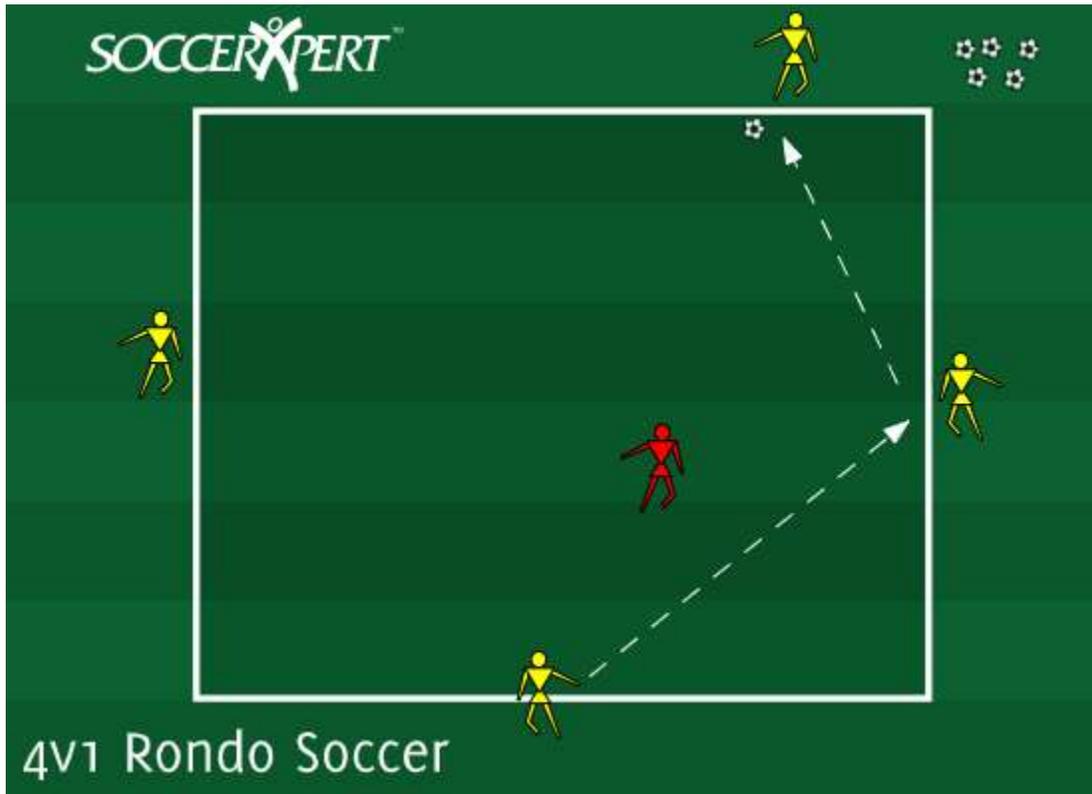


4v1 Rondo

Chris Johnson 5,000 Views Rating 0 (0 Reviews)

This rondo variation is geared for younger player or players you are just introducing to the rondo training.



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Drill Setup

1. Create a 10x10 grid.
2. You will need 5 players per grid. You can place many grids around the field as necessary.
3. Four offensive players, one on each of the four sidelines positioned outside the area. These players remain on this side of the area and should only travel from left to right along the outside of the area.
4. One defensive player starts inside the area. This player is restricted to defending inside this area and should not move outside the area.
5. You will start with one ball, but make sure you have a supply of balls close.

Drill Instructions

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1. The offensive team starts with the ball.
 2. The first pass to another offensive player is free. After this pass, the defensive player attempts to win the ball.
 3. The offensive players should use their space to quickly pass around the one defender.
 4. If the defensive player wins the ball or the ball is grossly misplayed, the player making the mistake switches roles with the defender.

Drill Variations

- For beginners, have the players play with their hands, although do not allow them to throw the ball higher than their heads. This will force players to open up to the side and get players comfortable with the supporting movements.
- Add a fake before the pass.
- Limit touches: 1-touch or 2-touch only. Rotate defenders if the touch limit is exceeded.

Drill Coaching Points

- Offensive players should be moving into good supporting angles to assist their teammates.
- Quality passes and good first touch is a must.
- Encourage players to use body feints and fakes to off-balance a close defender.

Equipment

- **Disc Cones - Mini or Full-Size Disc Cones** are a critical piece of equipment that every soccer coach must have in your equipment bag.
- **Soccer Practice or Training Balls** - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 7 - U7, Under 7, 7 and Under
- 8 - U8, Under 8, 8 and Under
- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under

Soccer Drill Skill Focus

- Passing - Soccer Passing Drills
- Receiving - Soccer Receiving & Turning Drills
- Possession - Soccer Possession Drills
- Warm-up - Soccer Warm-up Drills

Soccer Drill Titled: 4v1 Rondo

Tagged: 4v1 Rondo

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