

RONDO 8v4 SMALL SQUARE BIG SQUARE

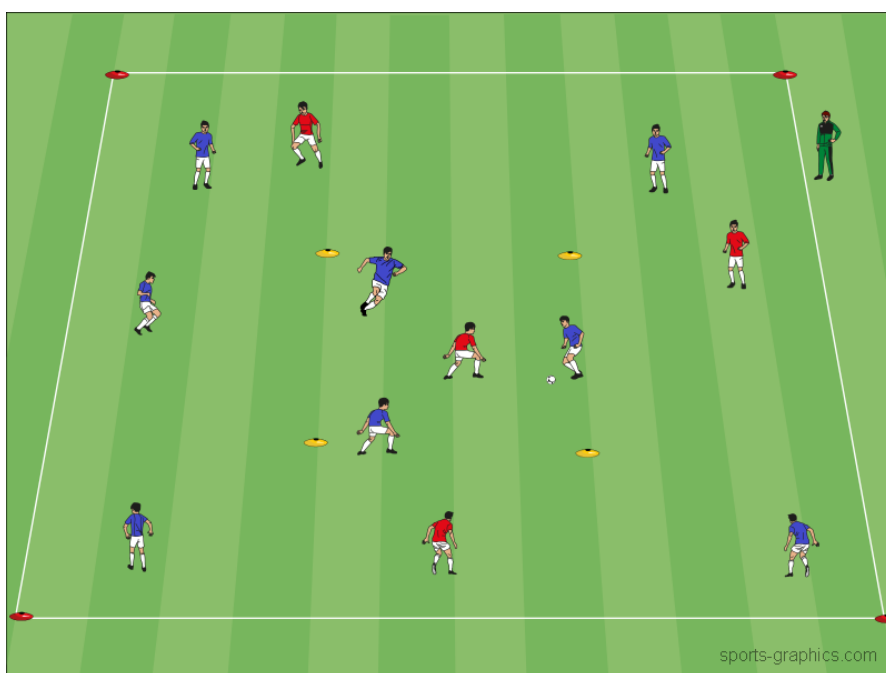
Keep possession of the ball under pressure of an opponent

TECHNICAL

TACTICAL

Passing

Possession



Set up a 30x30 practice area with a smaller 10x10 grid in the middle. Can be modified to suit numbers or intended outcomes.

Arrange three attackers against one defender in the middle grid. Arrange remaining players outside the middle grid with an overload of attackers - in this instance making 8v4.

Play starts in the middle grid with the attacking players keeping possession of the ball for a minimum of 4 passes. They then open up play by passing the ball to a teammate in the outer area and continue to keep possession creating an 8v4 overload situation.

Change defenders regularly and interchange the players in the middle grid after a set time.

Place spare balls around the area for quick

restarts.

There are many variations to this practice such as a restriction of touches, increase defenders, change the size or shape of the playing area etc.

The practice should be modified to achieve the learning outcomes and specific needs of the players.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to support the ball correctly.
- Passing angles.
- To make early decisions of when and where to keep possession of the ball.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Move the ball off straight lines
- Quality of pass (accuracy, timing and disguise of the pass)

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Awareness of position in which player may receive ball.
- Body shape.
- Encourage communication between the players.
- Encourage players to keep the ball moving and to use the insides of feet to receive the ball.
- Ensure passes are kept on the ground.
- First touch.
- Quality of the pass - accuracy, weight and timing.
- Use of different skills and foot surfaces to maximise one touch play.

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