

RONDO INSIDE SQUARE DRILL

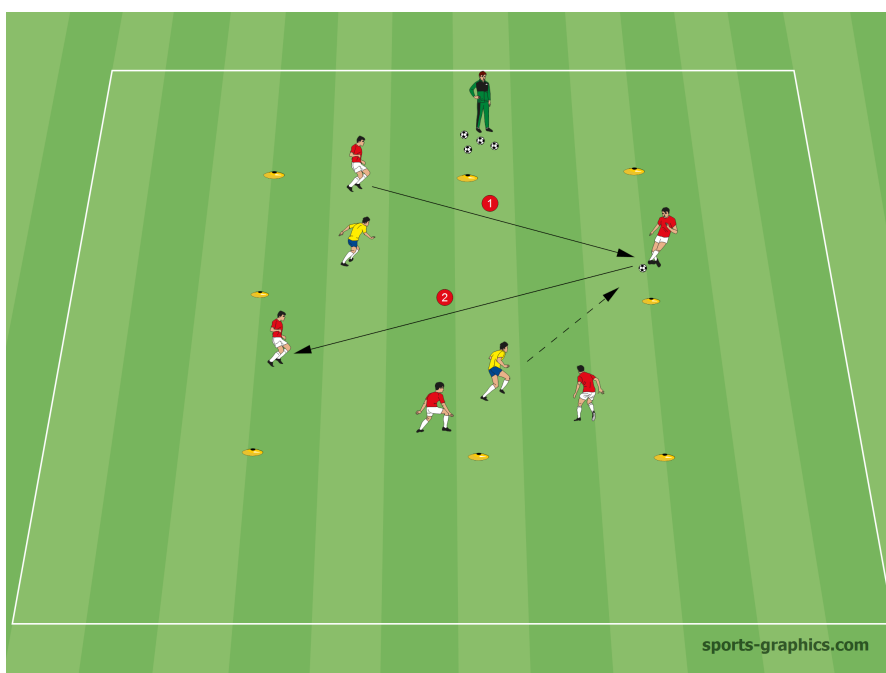
Keep possession of the ball under pressure of an opponent

TECHNICAL

TACTICAL

Passing

Possession



This is a basic practice that can be used as a warm up or for more specific learning outcomes.

Set up a playing area to suit number of players. Ensure the size is suitable and realistic to the players.

In this example, two players are designated as defenders and start in the centre. The rest of the players keep possession of the ball by passing to their teammates working inside the designated area.

Change defenders after possession has been lost or after a set time period.

Place spare balls around the area for a quick restart.

There are many variations to this simple 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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