

## Session Summary

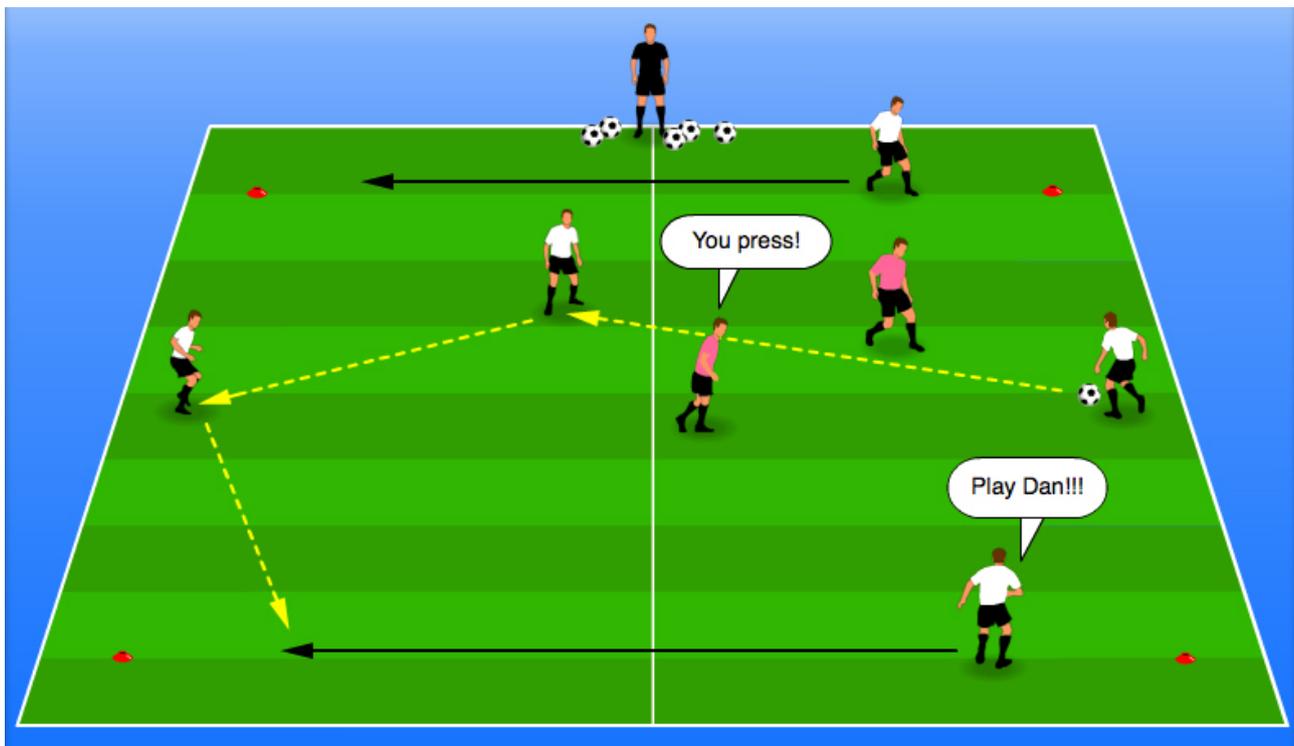
<b>Session:</b>	<b>RONDO - 4v2 + 1</b>		
<b>Date:</b>	-	<b>Coach:</b>	Ian Knapp (ianknappuk@googlemail.com)
<b>Duration:</b>	15-20 mins	<b>Equipment:</b>	Balls, 4 cones
<b>#Players:</b>	7	<b>Age Group:</b>	U9 - U18

## Introduction

This rondo involves 7 players and is a progression on from the 4v0 / 4v1 rondo. A central attacking "number 10" player is added and we now have 2 defenders in the middle trying to win the ball back.

## Setup

- 14 x 10 yard square with a cone on each corner
- One "attacking" player on each side (not on the cones, but between them) (white, below)
- Another attacking player in the middle.
- 2 "defenders" in the middle (pink, below)
- Coach with several footballs to the side



## Rules

- The 4 edge players and the one central player (attackers, white in the above picture) keep possession.
- Edge attackers must stay on their "edge". Central attacker can roam wherever he / she wants.
- Two defenders try to win the ball back by intercepting it or tackling the central player. Encourage them not to tackle the edge players, but instead to try and block off the passing options and intercept.
- If defenders win the ball, they can either give it back or combine with 3 passes to score a point before a new ball is fired in.
- If ball goes off, coach passes a new one in quickly so play can continue.
- Play for 120 seconds then switch the defenders.
- Keep score of number of passes correctly completed. Can add competitive element (complete X passes to score a point, most consecutive passes in 90 seconds etc.) either within the group or between different groups running the same rondo.
- If the ball goes off, a player doesn't receive across their body or if they take more than 2 touches, number of consecutive passes is reset to zero. Be strict on this! If you aren't, the players will fall into sloppy habits.

### Key Challenges - Defenders

- Don't get split by a pass between the two of them.
- If you win the ball, can you combine to complete 3 passes without the central player winning the ball back?
- Can you work as a unit, one pressing the ball and the other cutting off the ball through the middle (make them play sideways and predictably)?

### Key Challenges - Central Attacker

- Can you always be on the move, looking for the space in between the defenders or behind / in front of them?
- Can you play quickly, in one touch?
- Can you use your strength to hold the defenders off if receiving the ball with a defender marking you?

### Key Challenges - Edge Attackers

- Can you play quickly in one or two touches?
- Can you split the defenders with a pass between them to your opposite edge player or to the central player?
- Can you support an adjacent edge player by moving to the corner nearest to them when they have the ball?

## Key Coaching Points (FA's 4 Corners)

### Technical

- Receiving the ball **onto the back foot**.
- Passing to the **correct foot** of the receiving player.
- **Weight** of pass
- **First touch**
- **Speed of play** (one touch then pass quickly)
- **Movement** off the ball
- Defensive **shape** (one presses ball, one covers)

### Psychological

- **Communication** (tell the player on the ball what to do with it)
- Decision making - which player to pass to (decide **BEFORE** the ball has arrived with you)
- Adapt to coach constantly sending a new ball in (**be "on your toes"**)
- **Speed of thought** - defender roles constantly changing for example between covering and pressing

### Physical

- **Speed** of play
- **Body shape** when receiving a pass or defending
- **Strength** to hold off defenders (central player) or when defending

### Social

- Working as a **team**
- **Encouraging** others and not being negative
- **Communication**
- Have **fun!**