

## Session Summary

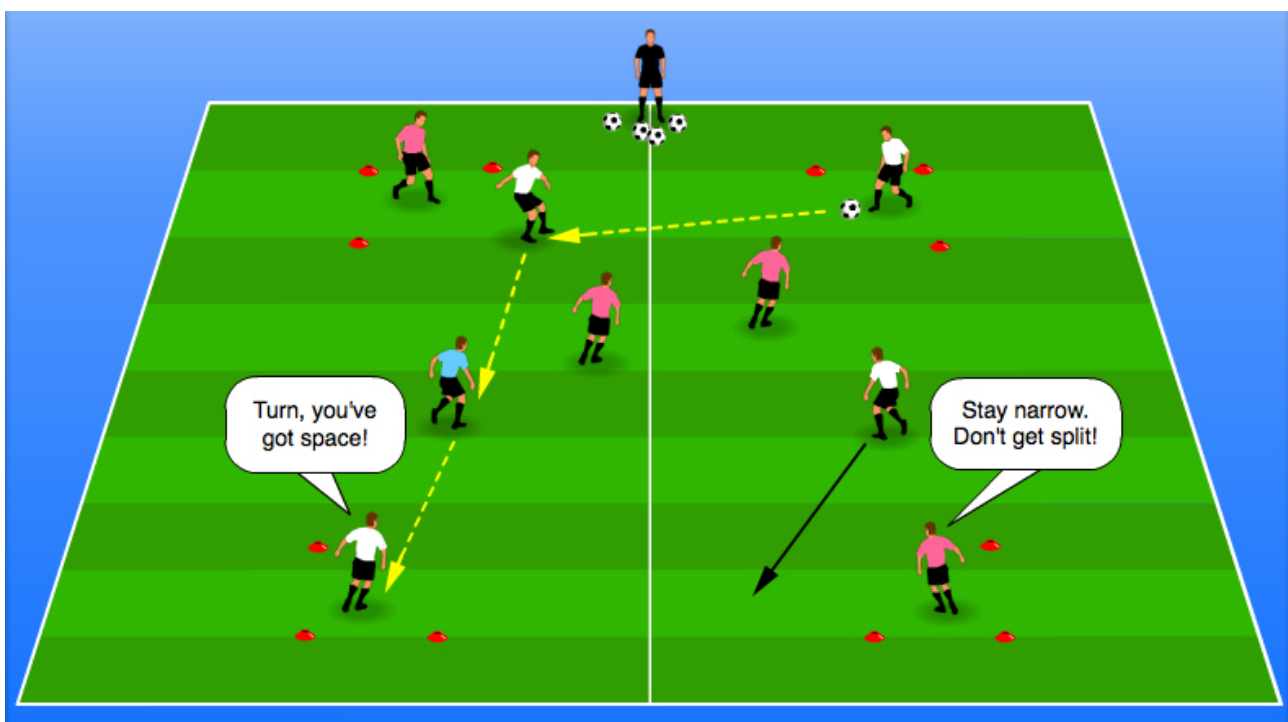
<b>Session:</b>	<b>RONDO - 4v4 + 1</b>		
<b>Date:</b>	-	<b>Coach:</b>	Ian Knapp (ianknappuk@googlemail.com)
<b>Duration:</b>	20 mins	<b>Equipment:</b>	Balls, 12 cones
<b>#Players:</b>	9	<b>Age Group:</b>	U9 - U18

## Introduction

This possession game involves 9 players and is a great warm up activity. Some may argue it's not technically a "rondo", as the team sizes are equal, but because you have a neutral player, there is always an overload for the team in possession. Because 4 players get to rest in the corners at any one time (they are still involved, but just don't have to move much), you can ask your players for 2 or 3 minutes of real intensity before they switch out and get a rest.

## Setup

- 14 x 14 yard square with a triangle of cones in each corner (size to change depending on age / ability of players).
- 2 x teams of 4 players in different coloured bibs (whites vs pinks below) plus one neutral player in a third colour of bib.
- In the middle of the square we play 2v2 plus the neutral player
- The other 2 players from each team position themselves in diagonally opposite corners to each other, so each corner has a player in.
- Coach with several footballs to the side



## Rules

- Each team of 4 tries to keep possession for as long as possible.
- Neutral player plays for the team in possession.
- Corner players must stay in their corners, which are safe zones where they cannot be directly tackled. Central players can move around the square and can be tackled.
- If the opposition win possession back, they become the possession team and the other team become the defensive team.
- If the ball goes out, the coach sends a new one in, giving possession to whichever team didn't make the mistake and play starts again.
- Play for a set time (2 minutes) and then switch each team's 2 corner players with their central teammates.

### Progressions / Variatons

- Corner players must play in one touch.
- Alter the number of passes required to score a point.
- Allow / disallow passes directly between the 2 corner players.
- Limit number of touches for central players.

## 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** - direction, cushioning
- **Speed of play** (play in one or two touch with pace)
- **Movement** off the ball / finding a space to receive a pass.
- Defensive **shape** (one presses ball, one covers - don't get split!!!)
- **Choice of pass** (long between corner players, short, bounce pass / layoff etc.)
- Using the neutral player should always create an **overload** in possession if movement and communication is good.

### Physical

- **Speed** of play
- **Body shape** when receiving a pass
- **Strength** to hold off defenders

### 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

### Social

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