

Session Summary

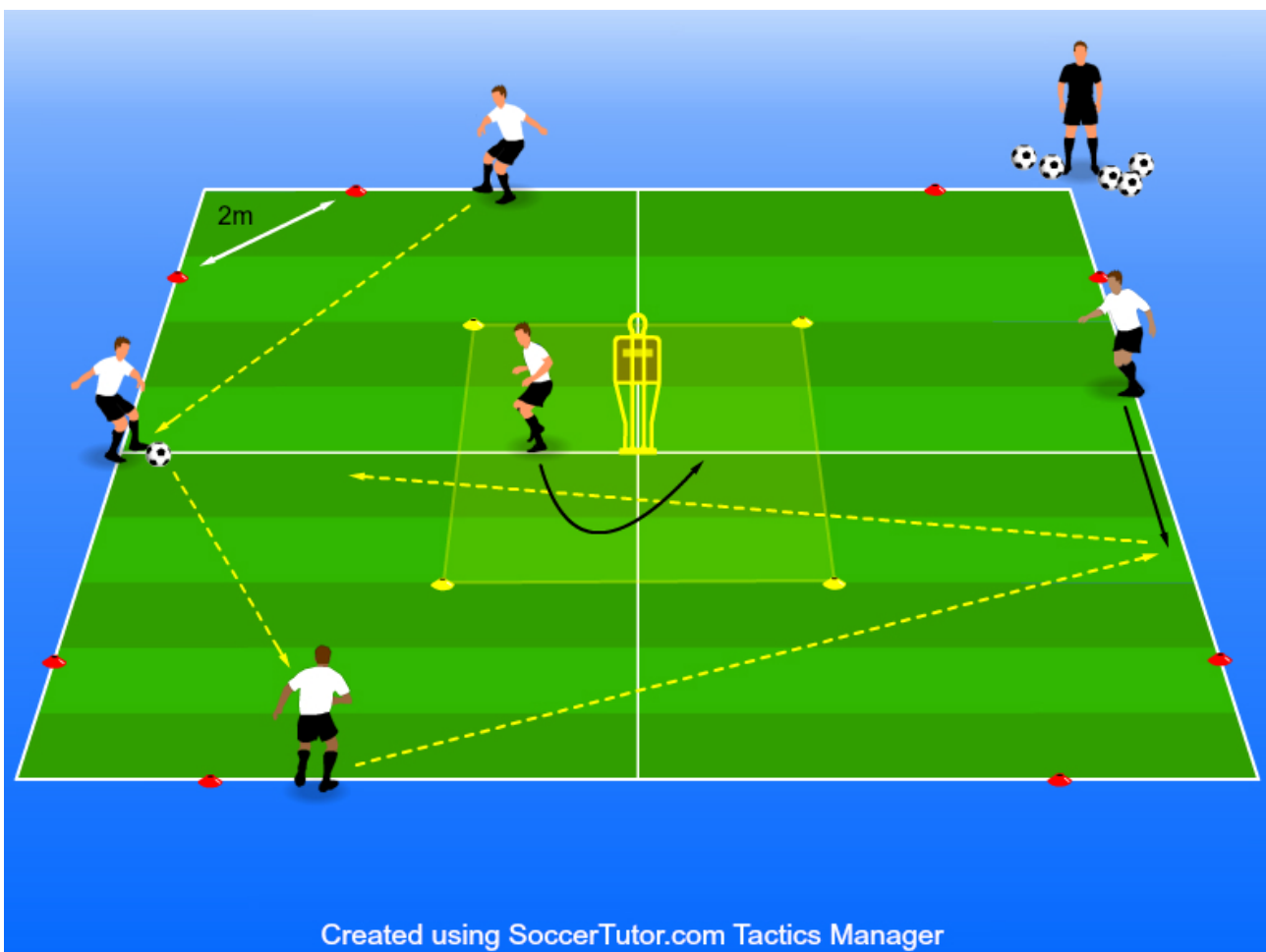
Session:	SOCIALLY DISTANCED 4v1 RONDO		
Duration:	15 mins	Equipment:	Balls, 12 cones, mannequin (or poles)
#Players:	5	Age Group:	U8 - U18

Introduction

This is an adaptation of a basic 4v1 rondo type exercise to incorporate social distancing measures due to the Covid-19 outbreak. Without the ability to close players down, it doesn't tick all the boxes you'd tick with a regular rondo, but it involves a lot of the same technical points and also provides a bit of competition.

Setup

- 8 x 8 metre square with 2 cones in each corner (red, below), to stop players getting closer than 2m apart.
- One player on each side (not on the cones, but between them)
- One defender in the middle, in a 4m x 4m square of cones (yellow, below) that ensures they keep 2m away from the other players.
- Mannequin (or a triangle of poles) in the middle of the defender's square.
- Coach with several footballs to the side



Rules

- The edge players (attackers, white in the above picture) keep possession.
- Attackers must stay on their "edge" and not go beyond the cone at each end of their edge.
- Aim is to "score" by passing the ball through the defender's central square, to a team mate on the other side (1 point).
- If the edge players manage to hit the mannequin, they get 3 points.
- Play for 90 seconds and then switch the middle player. See which player concedes the least points when defending.
- Coach sends new ball in if existing ball goes out of play.

Progressions / Challenges

- Change the size of the playing area / the defender's square to make the game harder or easier.
- Play in 2 touch (or one touch) or give extra points for one touch "goals".
- Balance a ball on a cone in the middle instead of the mannequin and offer extra points for directly hitting it.
- Extra points for nutmegging the defender and hitting the mannequin or scoring.

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 to try and get the defender caught off balance or out of position
- **Movement** off the ball

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"**)
- **Competition** - which player can concede the least points?

Physical

- Speed of play
- Body shape to receive the pass
- Work to cover the ground (defender and attackers)

Social

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