



THEME 05:

DEVELOPING SUPPORT PLAY

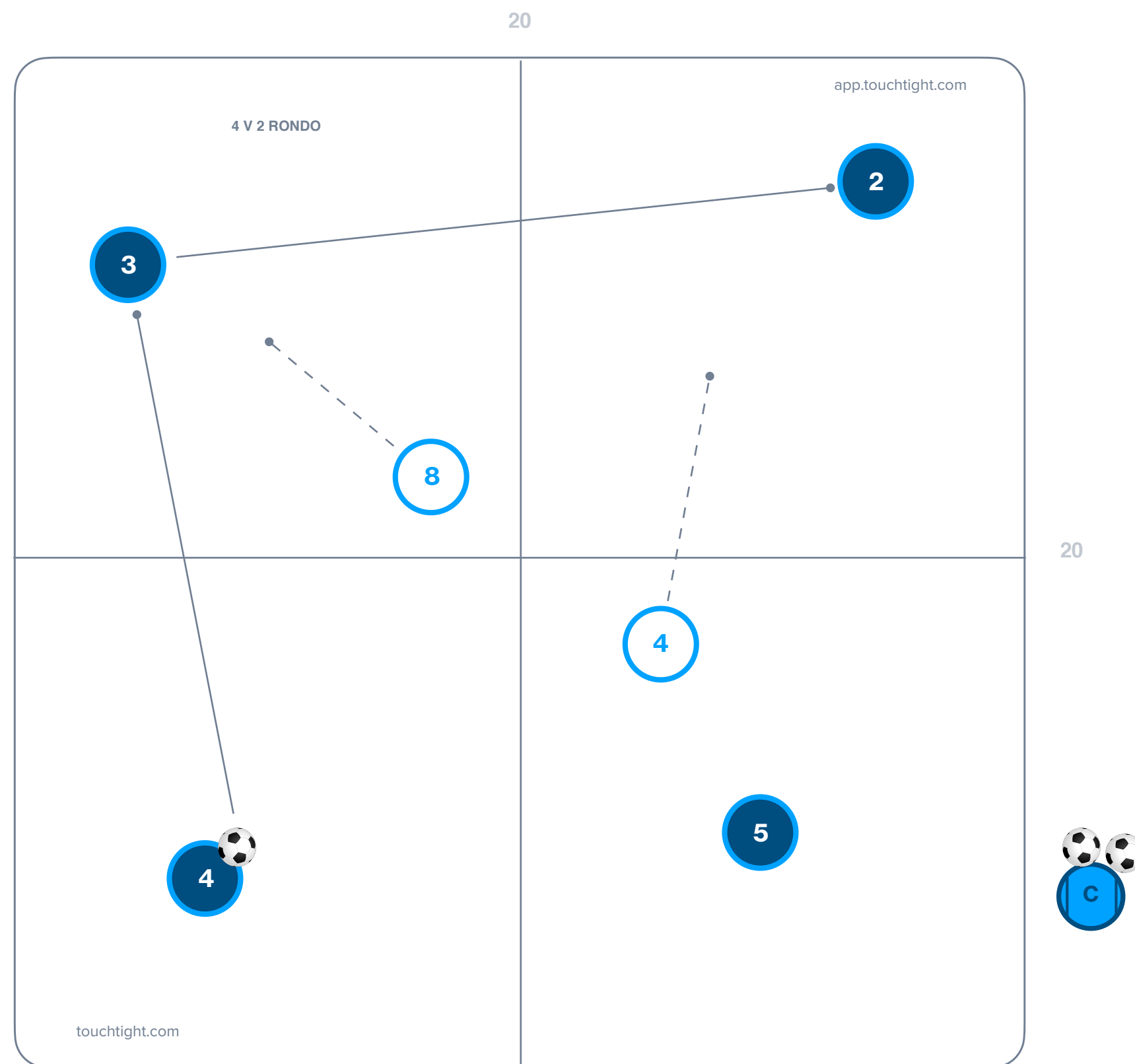
PRACTICE 1: 4 V 2 RONDO

AGE GROUP: 9 TO ADULT



| Title | Date | Start Time | Duration | No. of Players | Area Size |
|-------|------|------------|----------|----------------|-----------|
| | | | | | |

HOW TO KEEP POSSESSION IN A 4 V 2 RONDO



ORGANISATION:

This practice is number 1 in theme 5; Developing Support Play and is a 4 v 2 Rondo played in a 20 x 20 yard area (this can change depending on age group and ability to fit challenge).

Pitch is split into 4 sections with a player in each and their objective is to make as many passes with some rotational movement against 2 pressing defenders. If defenders win possession they then keep the ball in a 10 x 10 yard square and have to make 10 passes before an additional defender can press creating a balanced 2 v 2.

KEY COACHING POINTS:

Distances and Angles for possession players
Timing of movement to split defenders
Able to increase pace of play and passing speed when required



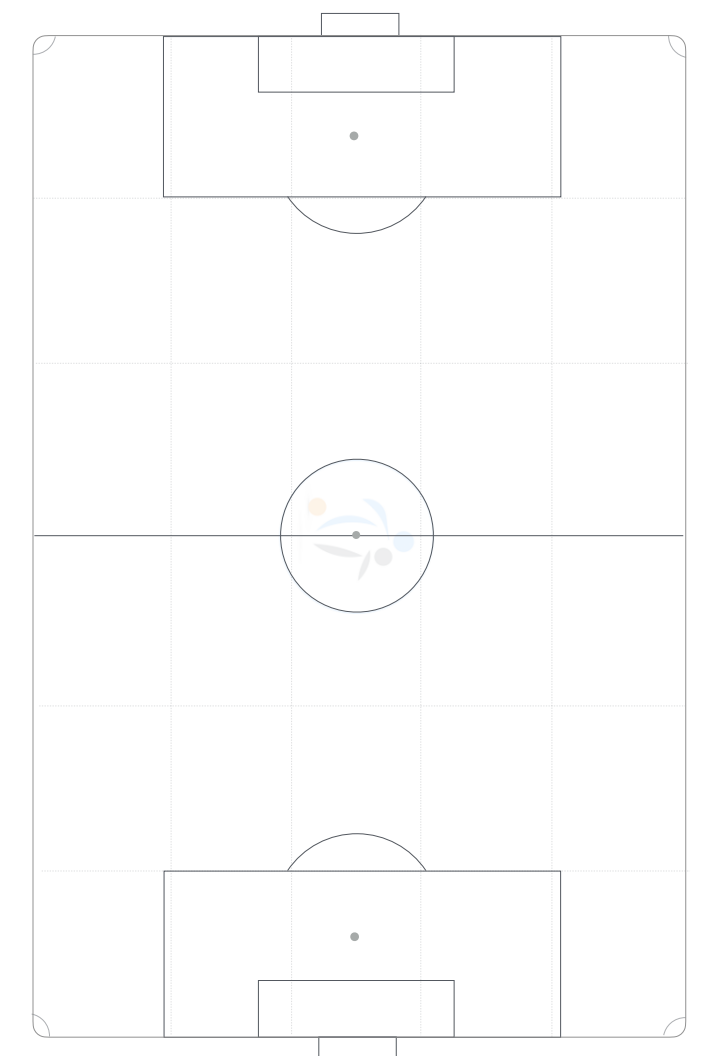
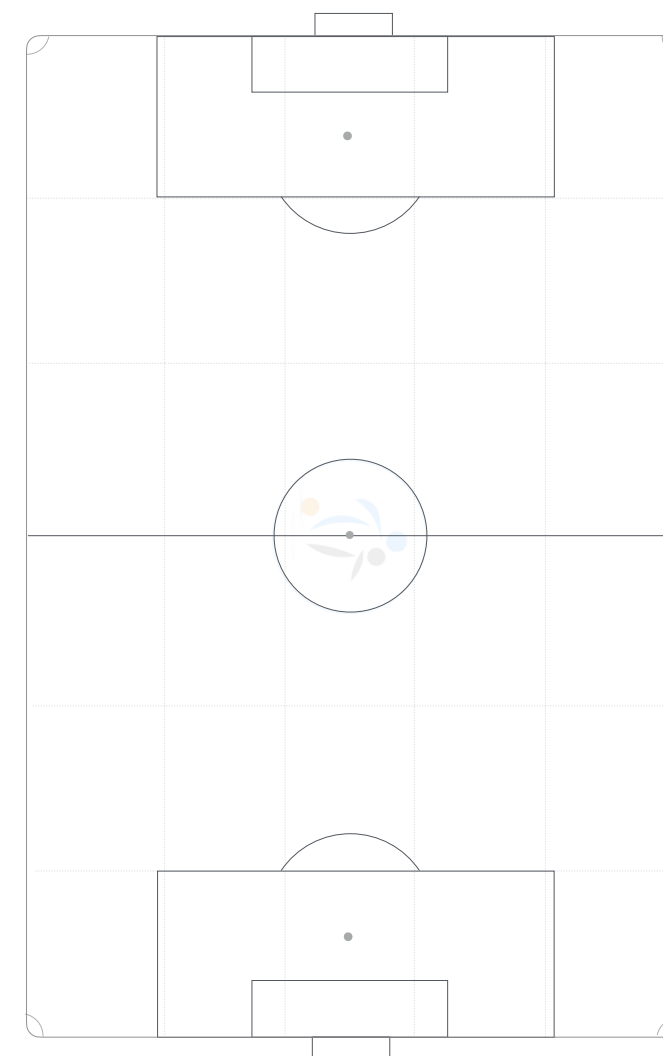
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

| Player initials | Technical | Tactical | Social | Psychological |
|-----------------|-----------|----------|--------|---------------|
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| Player Pairs initials | Objectives |
|-----------------------|------------|
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| | |

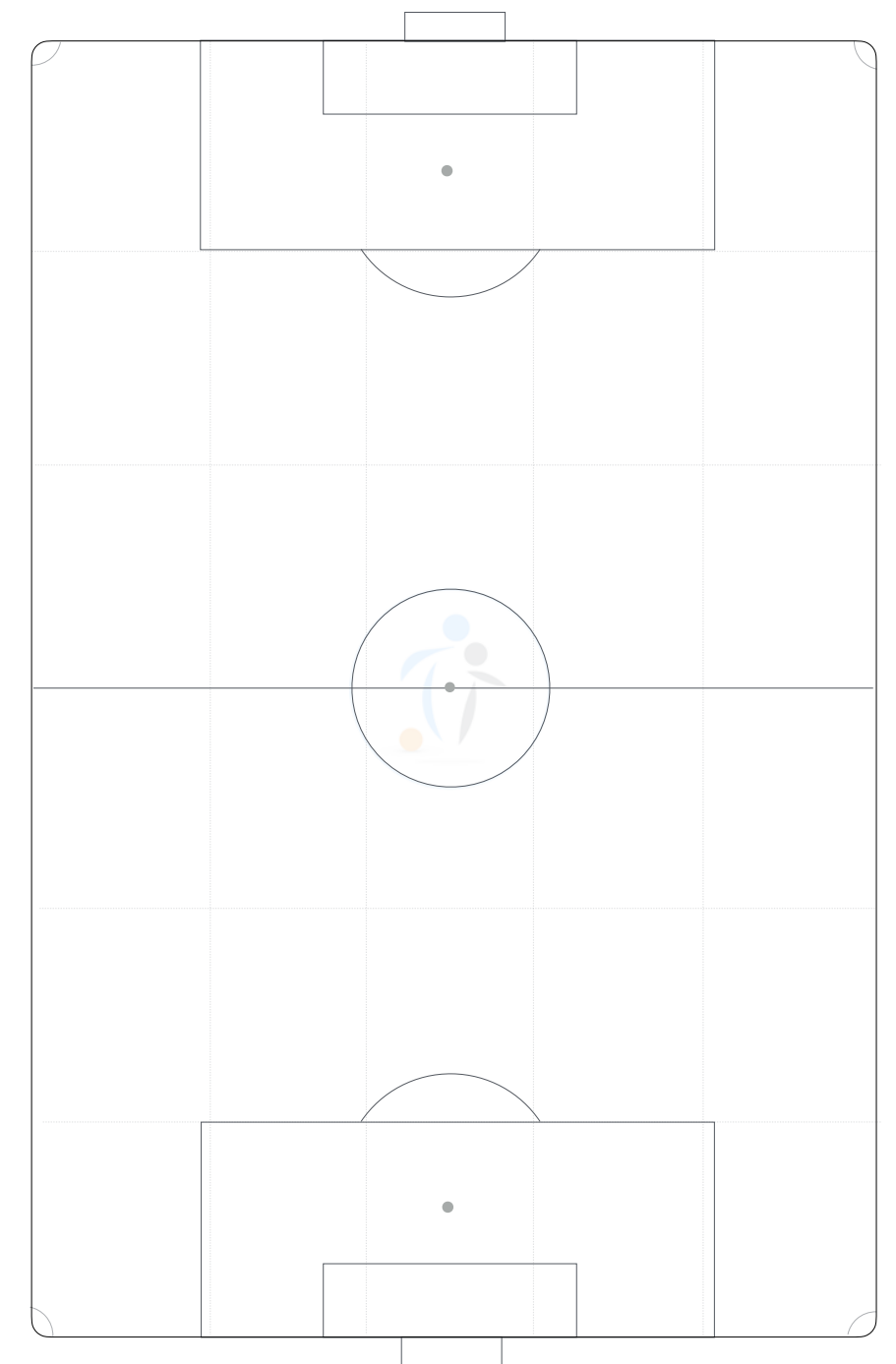
| Player Trios initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

| Player Units initials | Objectives |
|-----------------------|------------|
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| | |

Post Session Outcomes

| What went well? | What did we learn? |
|-----------------|--------------------|
| | |
| | |
| | |

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?

