

Rondo Possession Practice

Category: Warm Up

Length: 00:15 Rec. Players: 14

Published: January 21, 2015 @ 16:48

Practice Theme/Topic

General Notes

An easy to arrange Arrival Activity

Aims & Objectives

Players aim to keep possession of the ball for as long as possible without the defenders making an interception or forcing a mistake.

The defenders work together & try to intercept passes or force mistakes

Organisation & Setup

Organise the players to create different overloads. 5v2 is shown in the examples used

Coaching Factors & Outcomes

The players in possession use quick, accurate passing & close control to retain possession of the ball

The defenders work together and try to intercept passes, apply pressure, remain compact & force mistakes

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Vary the size & shape of the area being used
- Place restrictions on the number of touches players are allowed, 1,2 or more touches
- Challenge players to try certain types of passes
- Change Overloads

Technical

N/A

Physical

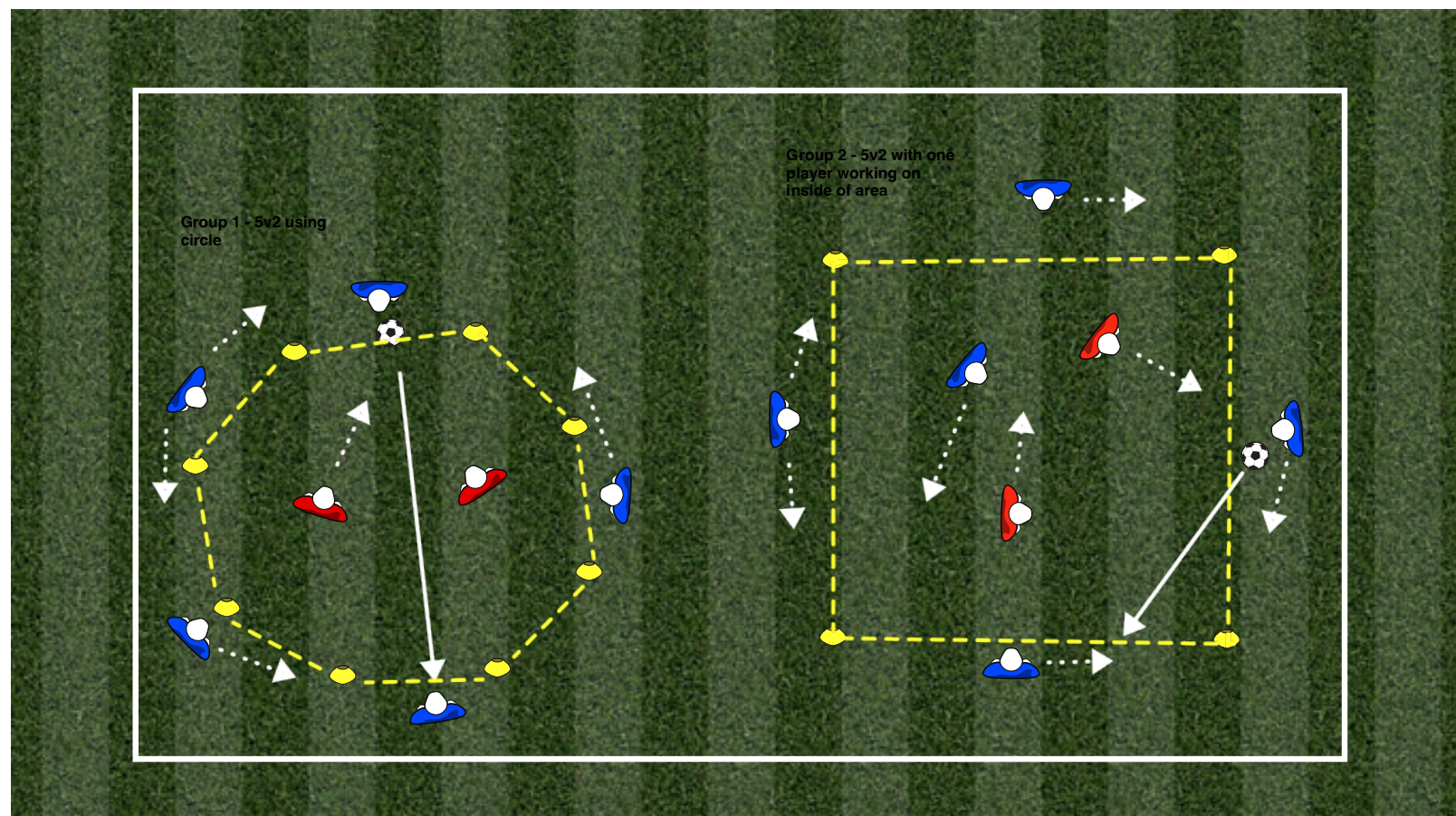
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4