
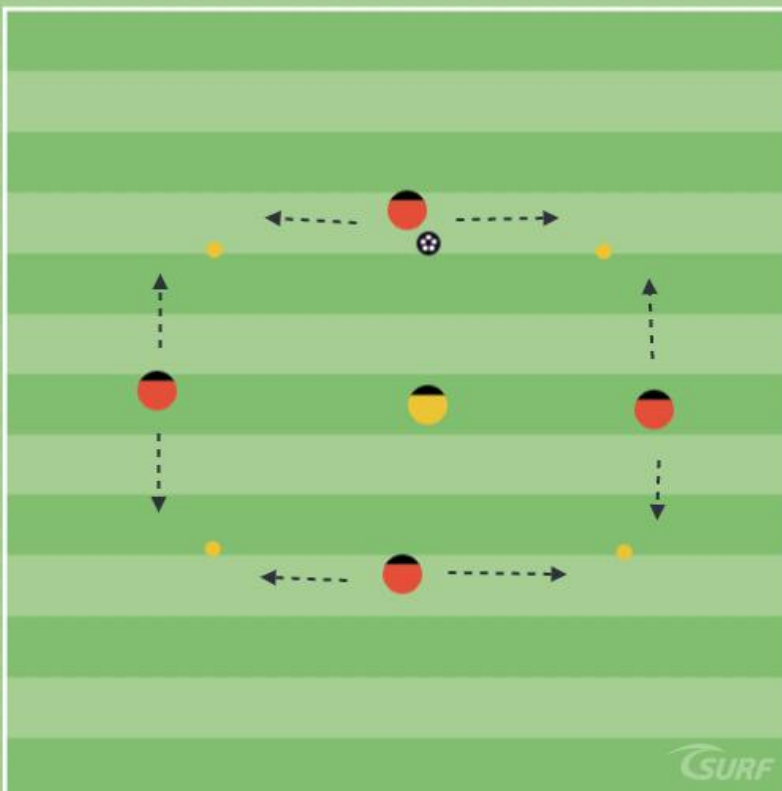


# 4v1 Possession Grid (Rondo)

Written by Jonny Bonner

## Set Up

 15 mins
  5 players
  1 ball
  1 bib
  4 cones
  15x15 area



## Session Overview

- Set up a square 15x15 - make it bigger if the players are struggling and smaller if it is very difficult for the defender
- Defender stays in the middle for 1 minute
- When defender wins the ball they give it back to the defender - Progression: when defender wins the ball they can try to dribble out of the grid to score a point
- Players on the outside move the ball around the grid and try to keep the ball off the player in the middle

## Key Coaching Points

1. Good first touch
2. Scan the grid to see where the defender is
3. Make sure everyone off the ball is moving
4. How much power the players put on the pass - is it too hard to control or too soft and gives the defender more chance of winning the ball
5. Add a points system to keep it competitive - 5 passes = 1 point