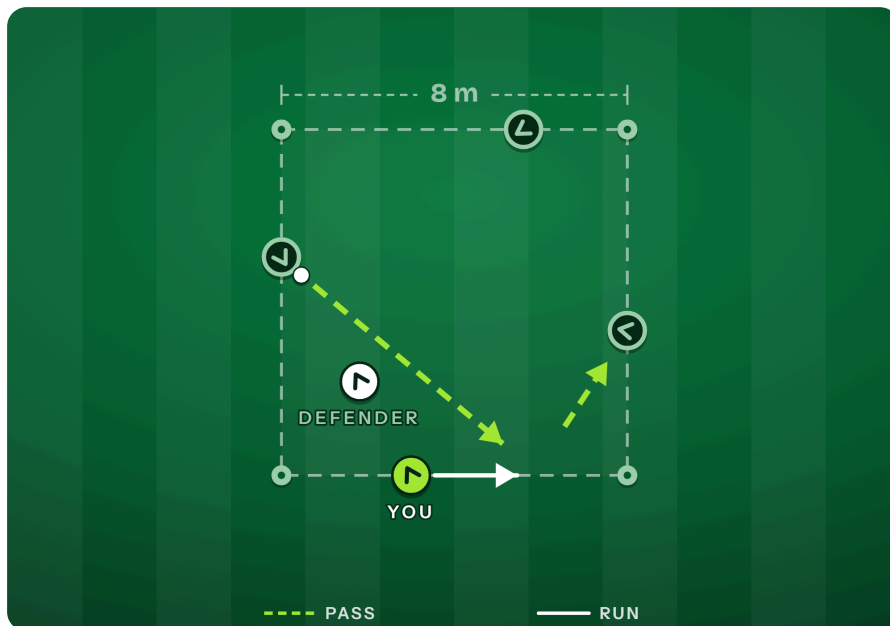




Rondo: 4v1

TECHNICAL & TACTICAL · PASSING ANGLES ·
5 PLAYERS (4 ON THE SIDES, 1 DEFENDER IN THE MIDDLE; A PARENT CAN DEFEND) ·
AGE 11+



Set up

5 players, 4 v 1

8 x 8 m square

Defender in the middle

2 touches or fewer

Dose

4 rounds of 2 min

1 min rest between

4 rounds of 2 minutes with 1 minute of rest between (the Football Reach target, not an FA rule).

What it trains

Keep the ball away from one defender: passing angles, first touch and quick decisions. England Football describes the rondo as piggy in the middle that builds decision-making, communication and composure.

How it works

- 1 Warm up first. Mark an 8 x 8 m square with 4 flat cones on flat grass. Use a size 4 ball at U12-U13 and a size 5 from U14.
- 2 Four players stand on the sides of the square, one on each side. One defender starts in the middle.
- 3 Pass along the ground to keep the ball away from the defender, with two touches or fewer each (our rule).
- 4 Move along your side to give the passer an angle, and open up to receive.
- 5 If the defender wins it, or it goes out, the player who lost it swaps into the middle. Play 2-minute rounds.

Coaching points

- 1 **Move to give an angle**
When the defender stands between the ball and you, move along your side until you can see a clear line to the ball. Keep adjusting every time the ball moves.
- 2 **Open up to receive**
Before the ball arrives, turn your body side-on so you can see the passer and the next teammate. Control it with your first touch and pass it on with your second.

× **Not this:** Standing still behind the defender. The passer cannot reach you, so the ball gets stuck or is forced into the defender.

MY NOTES

➤ HARDER

One touch when the defender is close, as FIFA's rondo does to escape pressure. Or play 4 v 2 with two defenders in the middle, or score a point for every 5 passes in a row.

➤ EASIER

A bigger square (10 x 10 m), or free touches until the passing flows.

🛡️ Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Defenders stay on their feet: no slide tackles, and keep the ball on the ground.
- Flat grass with space all round, never a road or driveway. Use flat cones.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult; a GP or physio can help.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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