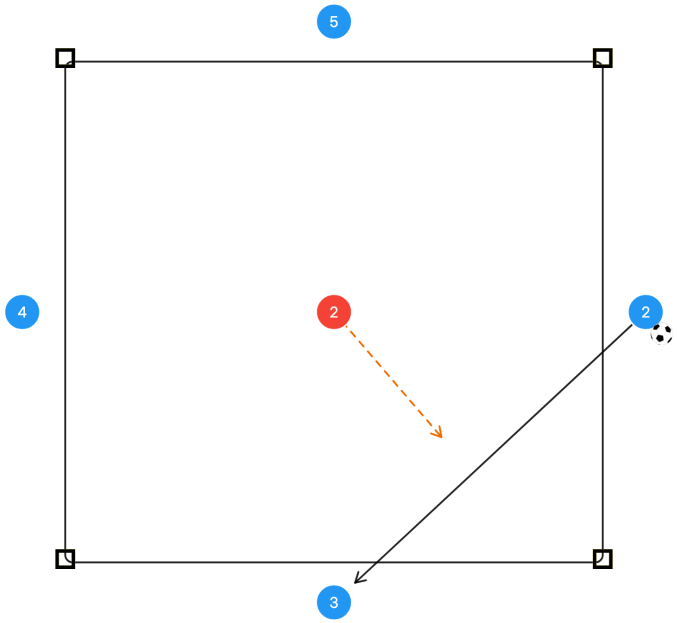
4v1 rondo

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Age	Players	Area (11 × 11 yd)	Duration
U7+	4 + 1	10 × 10 m	12 min



How it works

1. An outside player passes to a teammate on the next side or across the square.
2. The receiver controls towards a free teammate and passes with the second touch.
3. The defender in the middle presses the ball and tries to touch it or knock it out of the square.
4. If the defender touches the ball, or the ball leaves the square, the player who made the mistake goes in the middle and the defender takes their place.
5. Three 3-minute rounds with a minute of rest; if someone stays in the middle for more than a minute, swap anyway.

Coaching points

- Receive already open to the free teammate: the first touch sets up the pass.
- Look before the ball arrives: know where the defender is before you receive.
- Firm passes on the ground, to the teammate's foot furthest from the defender.
- Slide along your side so you are never in line with the ball carrier and the defender.
- The defender curves the run to cut off one side and force the pass to the other.

4v1 rondo variations

- Easier. Unlimited touches and a 12 x 12 m square: more time to control. The right version for beginners.
- Harder. One-touch only, or an 8 x 8 m square: the ball has to move before the pressure arrives.
- With points. Ten passes in a row score a point for the outside players; a pass through the middle of the square counts double. The defender counts the balls won.
- Towards 4v2. When 4v1 gets too easy, add a second defender: it is the step towards the 5v2 rondo.

Notes

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