

Rondo Variants “Keep It Simple” – “4V1”

Objective – practice passing and receiving

Game Focus Progression

4 players in a square

1. Receive on right pass to left
2. Receive on left and pass to right
3. One touch
4. Two touch

- Weight forward, head up.
- Open body shape facing the field of play
- First & second time passes.

- Open stick -> 1 touch
- Reverse Stick -> 2 touch
- Add defender to tackle.

