

Possession Rondo

Objective – Develop confidence on the ball & playing into/through pressure

GameFocusResetProgression

1. 6v2 Rondo
2. Aim is for the players to retain possession for 45 seconds

Scoring

1. Connection to/from red player = 1 point for the red team
2. Intercept/clean win from the blue team = 1 point for the blue team.
3. Every miss trap/wayward pass from the red team = 1 point to the Blue
4. Only passes through the box for points

1. Defenders to be aggressive on the players on the outside
2. Block channels
3. Collapse pockets

ATTACKING focus

1. Good use of passing arch
2. ABT (Always Be Threatening)
3. Good basics detail

DEFENDING PRINCIPLE

1. Block passing lanes into the players in the middle
2. Disrupt receiving of the ball
3. Be low-be aggressive in defence

1. New ball from corner

1. Score obviously

