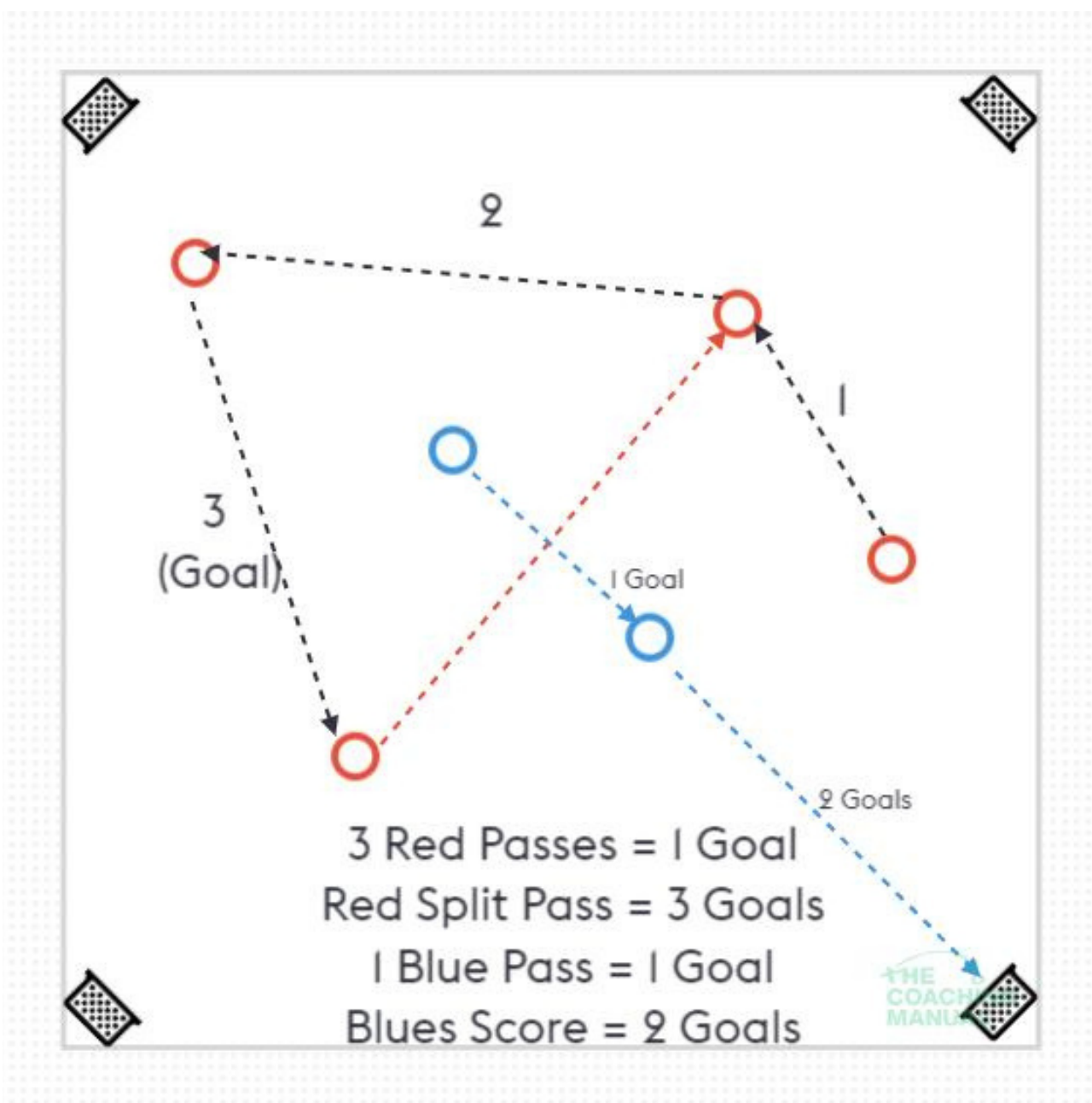


# 4 VS 2 RONDO



## TECHNICAL

Dribbling  
 Running With The Ball  
 Twisting  
 Teasing  
 Tackling  
 Passing  
 Protecting  
 Shooting

## TACTICAL

Dribble/Protect?  
 Dribble/Shoot  
 Take On/Or Turn Away?  
 Dribble/Run With The Ball  
 Pass/Shoot?  
 Dribble/Shoot?

## PHYSICAL

Walking  
 Jogging  
 Pushing  
 Sprinting  
 Kicking  
 Shielding

## PSYCH/SOCIAL

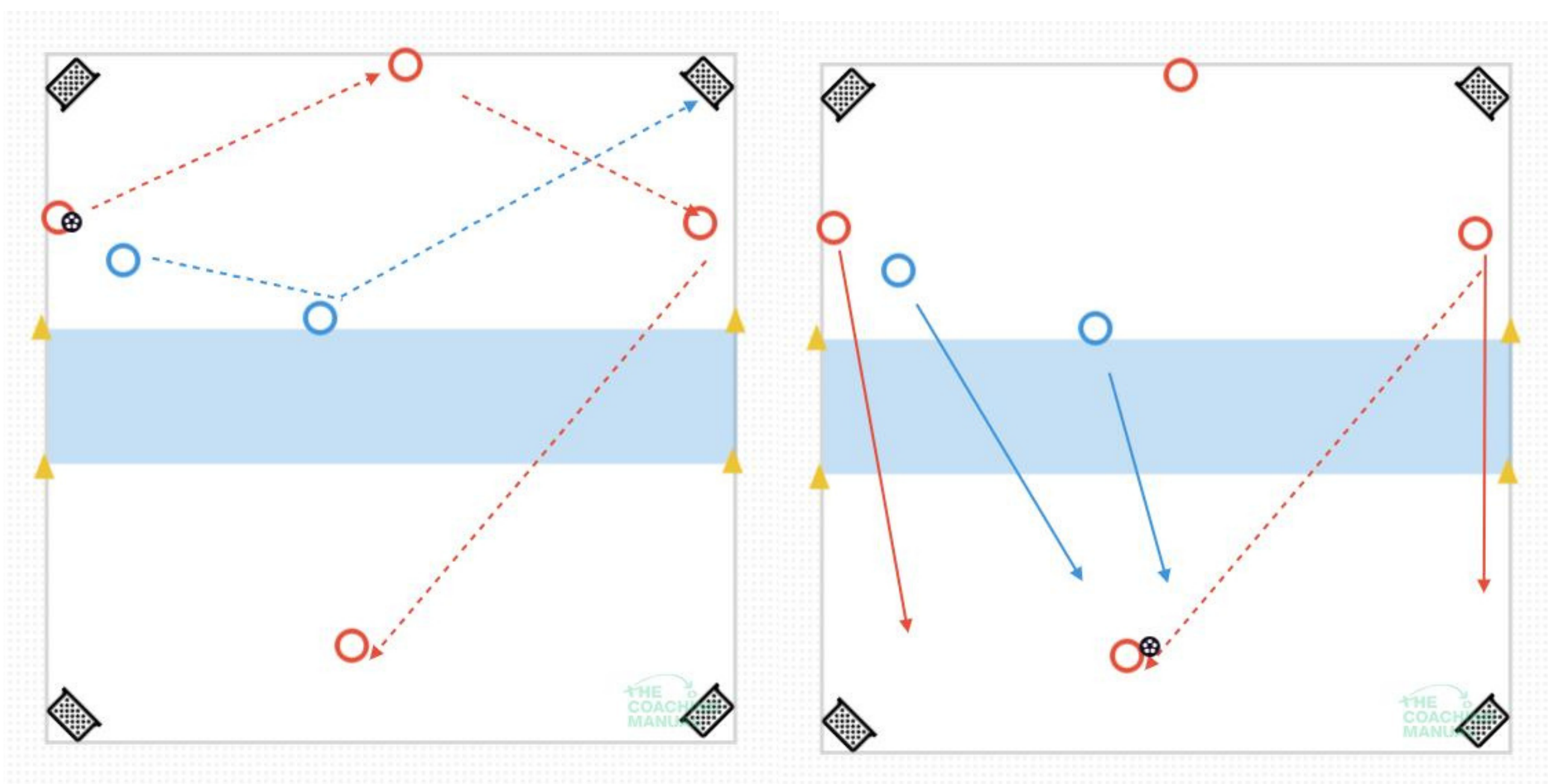
Fail & Try Again  
 Teamwork  
 How are your friends playing?  
 Deal With Pressure  
 Experiment  
 Next Game

### How To Play:

- 2 Teams - 4 Attackers & 2 Defenders
- 4 Attackers aim to KEEP THE BALL
  - 3 passes = a goal
  - 1 split pass through 2 defenders = 3 goals
- Defenders aim to win the ball back & counter attack
  - 1 Blue Pass = 1 Goal
  - Blues score = 2 Goals

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession We (Team Mate ON Ball)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> <li>• <b>BE A MAGNET!</b> <ul style="list-style-type: none"> <li>◦ Can you attract a defender to you?</li> </ul> </li> <li>• Can you <b>beat</b> your player?                             <ul style="list-style-type: none"> <li>▪ Dribble/Run With The Ball</li> </ul> </li> <li>• Can you play away from the defender with a pass?</li> <li>• Can I Keep The Ball?                             <ul style="list-style-type: none"> <li>◦ Dribble/Protect</li> </ul> </li> <li>• Can I create a chance to score                             <ul style="list-style-type: none"> <li>◦ twist, turn, tease &amp; "create a yard" for a shot on goal</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get Away From Danger</b></li> <li>• <b>Get Away From Team Mate</b></li> <li>• <b>Create A Clear Path</b></li> <li>• Communicate                             <ul style="list-style-type: none"> <li>◦ time or man on?</li> <li>◦ Ball to feet or in space?</li> </ul> </li> <li>• Support the play                             <ul style="list-style-type: none"> <li>◦ movement behind the ball</li> <li>◦ move ahead of the ball</li> <li>◦ stretch the play wider</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get The Ball back</b> <ul style="list-style-type: none"> <li>◦ Get/Stay Behind The Ball</li> </ul> </li> <li>• Can you win and keep the ball?</li> <li>• If you can keep the ball, can you score?                             <ul style="list-style-type: none"> <li>◦ With teammates, keep the ball by finding one</li> </ul> </li> </ul>
<p><b>Super Power:</b> Can't Touch This</p>	<p><b>Coaching Spectrum:</b>                      &lt;&lt;&lt;Super Power or                      Constraint&gt;&gt;&gt;</p>	<p><b>Constraint:</b> 1 or 4 Touches</p>

# 4 VS 2 RONDO PART 2



## Adapt and Advance

- 2 Teams - 4 Attackers & 2 Defenders
- 4 Attackers aim to KEEP & SWITCH THE BALL
  - Each successful switch= 1 goal
- @ Defenders aim to win the ball back & counter attack
  - Blues score = 2 Goals

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession We (Team Mate ON Ball)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> <li>• <b>BE A MAGNET!</b> <ul style="list-style-type: none"> <li>◦ Can you attract a defender to you?</li> </ul> </li> <li>• Can you <b>beat</b> your player?                             <ul style="list-style-type: none"> <li>▪ Dribble/Run With The Ball</li> </ul> </li> <li>• Can you play away from the defender with a pass?</li> <li>• Can I Keep The Ball?                             <ul style="list-style-type: none"> <li>◦ Dribble/Protect</li> </ul> </li> <li>• Can I create a chance to score                             <ul style="list-style-type: none"> <li>◦ twist, turn, tease &amp; "create a yard" for a shot on goal</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get Away From Danger</b></li> <li>• <b>Get Away From Team Mate</b></li> <li>• <b>Create A Clear Path</b></li> <li>• Communicate                             <ul style="list-style-type: none"> <li>◦ time or man on?</li> <li>◦ Ball to feet or in space?</li> </ul> </li> <li>• Support the play                             <ul style="list-style-type: none"> <li>◦ movement behind the ball</li> <li>◦ move ahead of the ball</li> <li>◦ stretch the play wider</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get The Ball back</b> <ul style="list-style-type: none"> <li>◦ Get/Stay Behind The Ball</li> </ul> </li> <li>• Can you win and keep the ball?</li> <li>• If you can keep the ball, can you score?                             <ul style="list-style-type: none"> <li>◦ With teammates, keep the ball by finding one</li> </ul> </li> </ul>
<p><b>Super Power:</b> Can't Touch This</p>	<p><b>Coaching Spectrum:</b> &lt;&lt;Super Power or Constraint&gt;&gt;&gt;</p>	<p><b>Constraint:</b> 1 or 4 Touches</p>