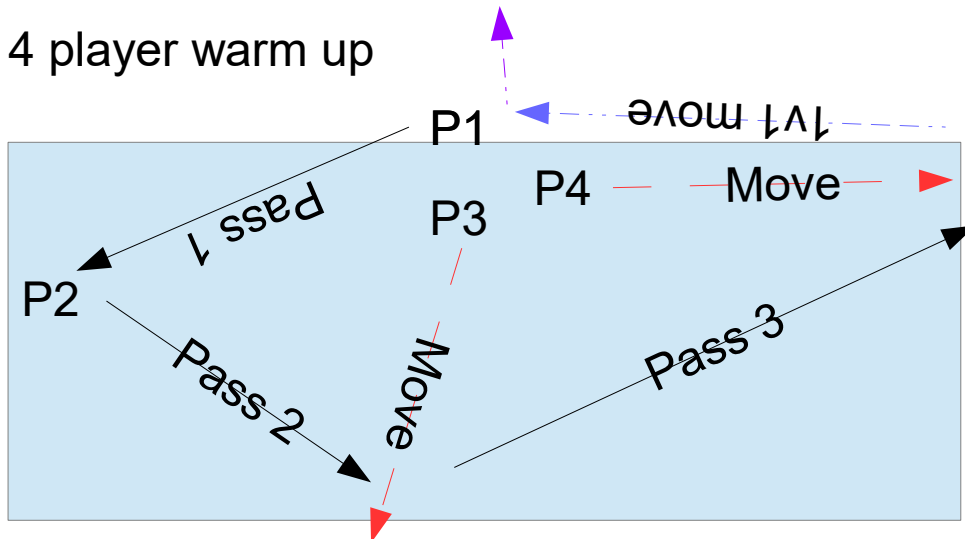


Movement off the ball when in transition into Possession or in Possession

Almost always, a player must increase the distance between them and their opponent before receiving a pass. There are exceptions and other rules but let's keep it simple initially.

'Simple' 4 player warm up



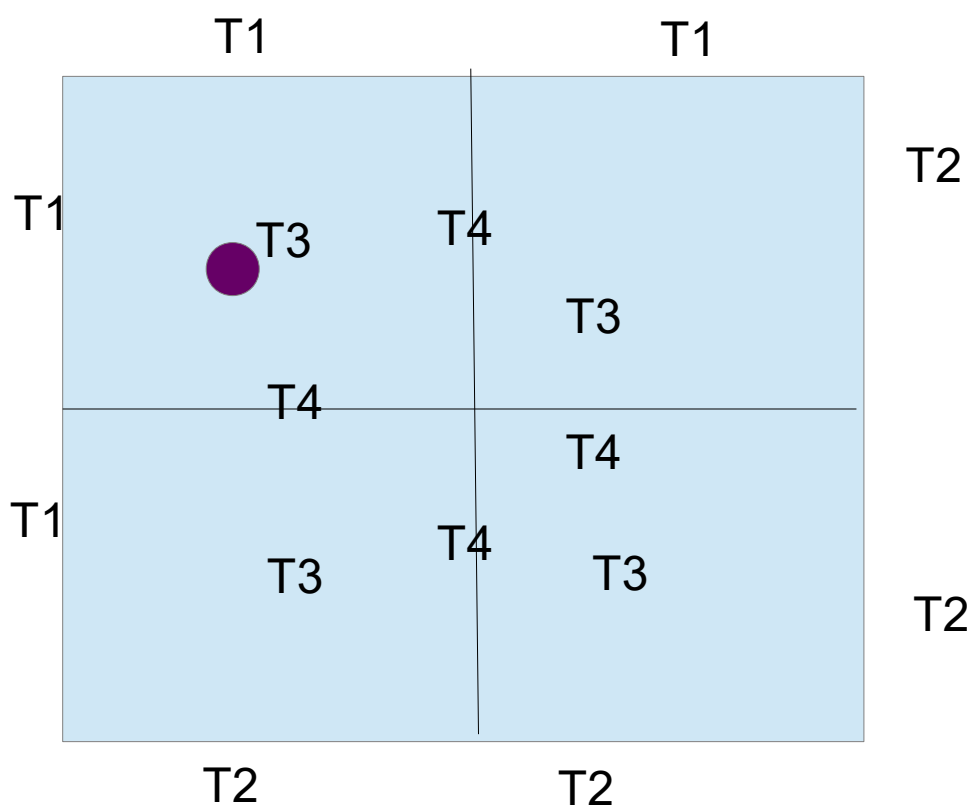
As P1 passes(*see below) to P2, P3 and P4 move away from P1
P2 passes to either P3 (or P4) who then pass to the other (first time)
Then last player (say p4) goes at P1 in a 1v1 type thing
P4 then turns back into the group
P2 and P3 come in and keep the same role but press P4(passive)
P4 now becomes P1
P1 becomes P2 and gets wide when P4 turned (the queue to move out to receive)
New P1 gets out of press and passes to new P2 (*as if it was a poor defensive pass and the press forces the turnover)
New 3 and P4 move out and again and it repeats

Coaching points

- Cue to move: P4 turned so P1 moved away to receive
- Cue to move : Press forces turnover and so P3 P4 moved away to receive
- Players must move away from opponents to receive a pass
- Players must get on different playing lines
- Adding in first time pass in middle ensures players are set
- Movement away – players must stay facing the game and the ball

Giant Rondo

N=16 version



This is all about playing with the constraints of the inside and outside players (who will almost always have different rules).

- Play with # of touches
- Play with who can pass to who
- Play with who can go where

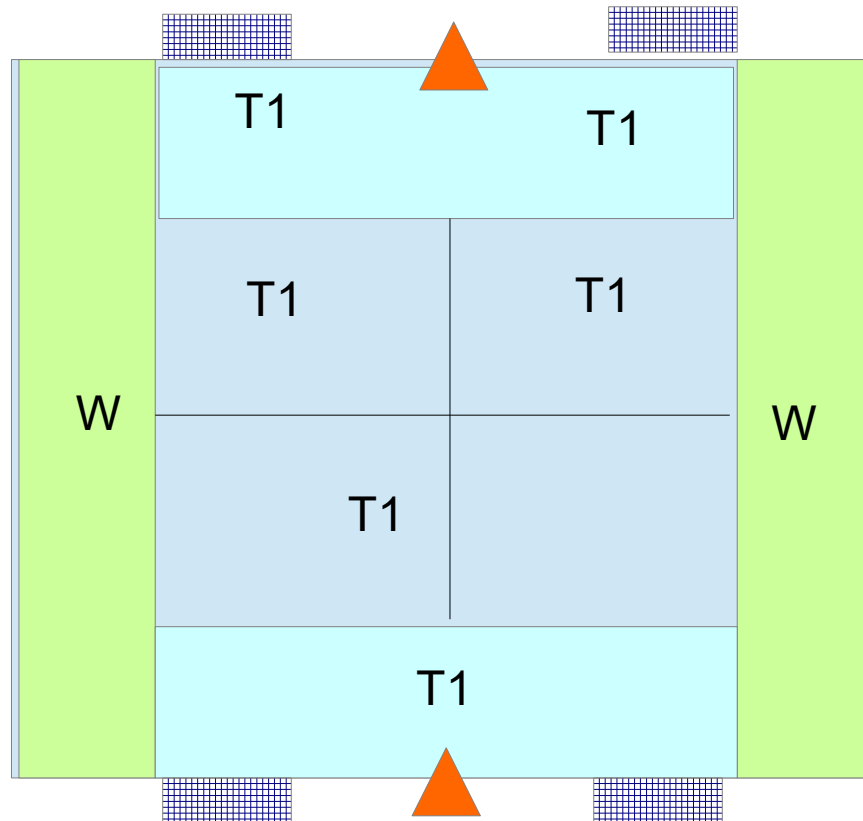
Constantly making players to think of more than just the ball

Get players to see the Rondo

- When do players move out and when do they move in

N=14 (8v6) or add 2 W players and 1 D
in wide channel (N=18)
Ws – play on team in possession
Finding the overload
Find the goal or hit the cone (first time)
Can play with zones in middle (could be a
3 by 3 grid)

Set T2 up in reverse



This is all about playing with the constraints of different types of players (who will almost always have different rules).

- Play with # of touches
- Play with who can pass to who
- Play with who can go where
- Pay with who can press who

Constantly making players to think of more than just the ball