Teaching Possession Soccer

4v1 Rondo

Training
Snapshots & Notes

3FOUR3

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Setup

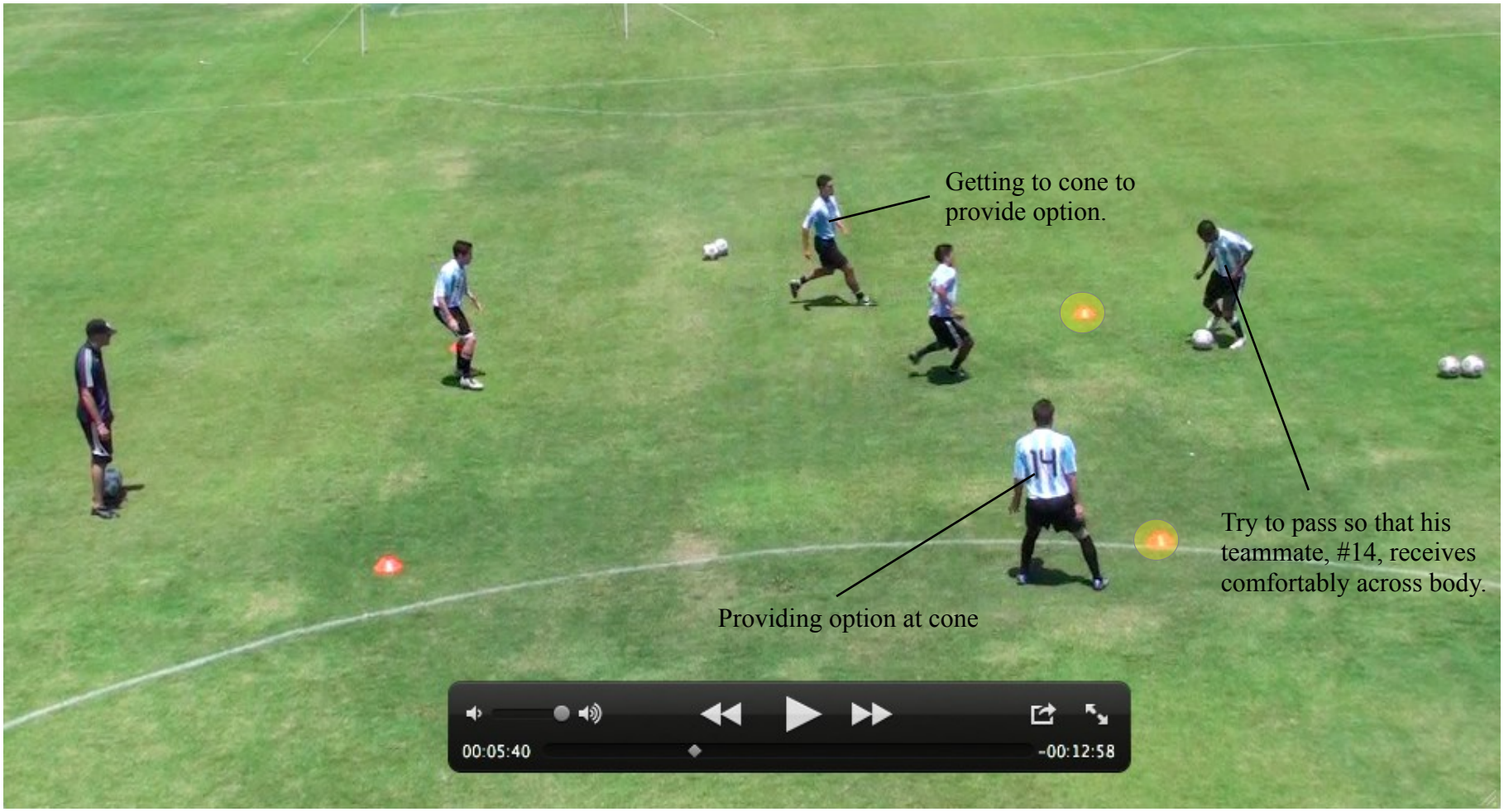
- 1 square (roughly 7m x 7m)
- Total of 5 players
- 1 player on each side
- 1 defender inside

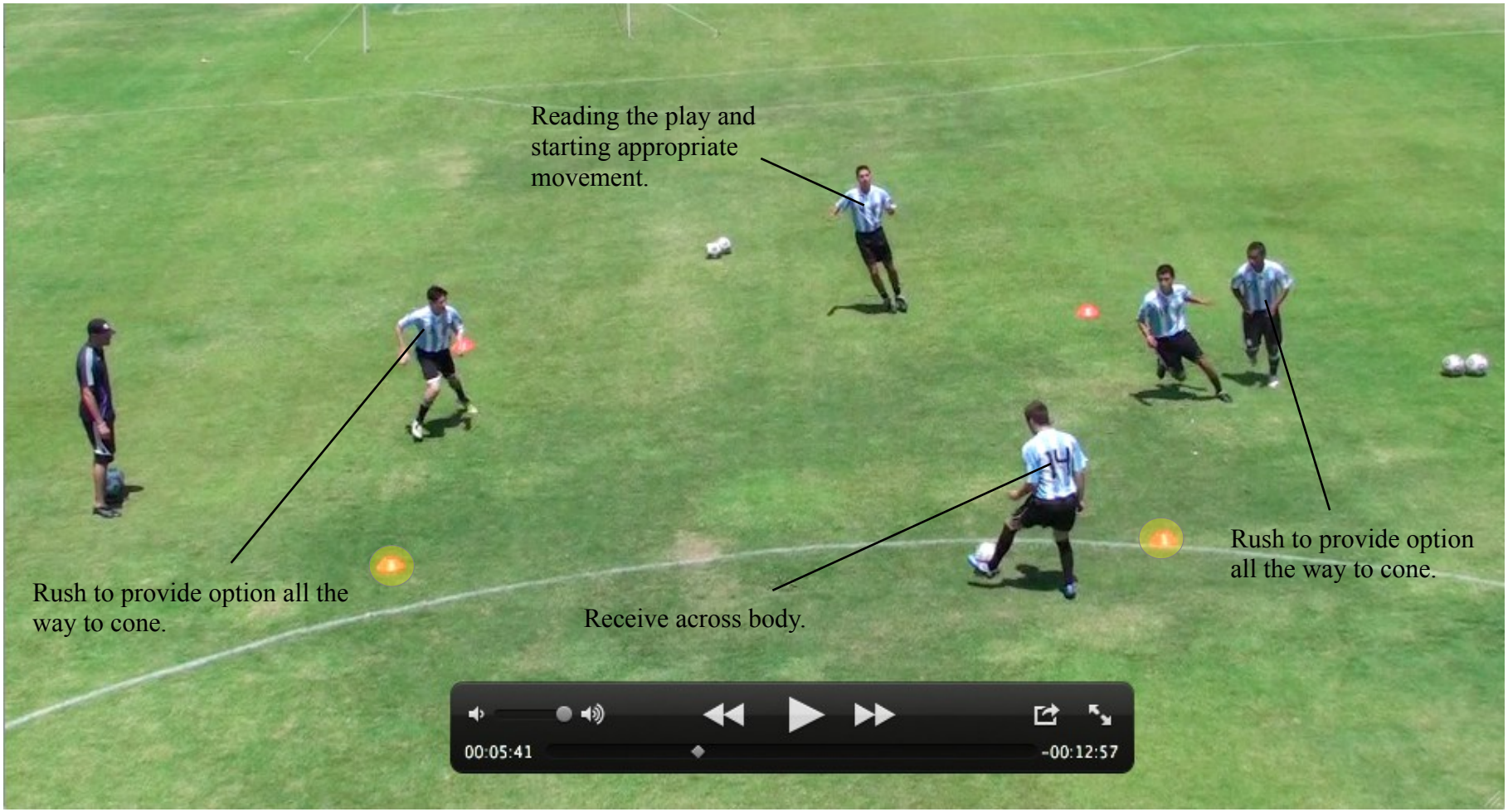
Action

- 2-touch keepaway (no other number of touches allowed)
- Offensive players confined to their side of square
- Offensive players can only pass to adjacent side of square (passing across the middle is not allowed)
- Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession.
- Offensive players must receive passes across their bodies and with the inside of foot!
- Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
- Speed of play should be maximized.
- Defender must go 100%. (or whatever trainer sees fit)

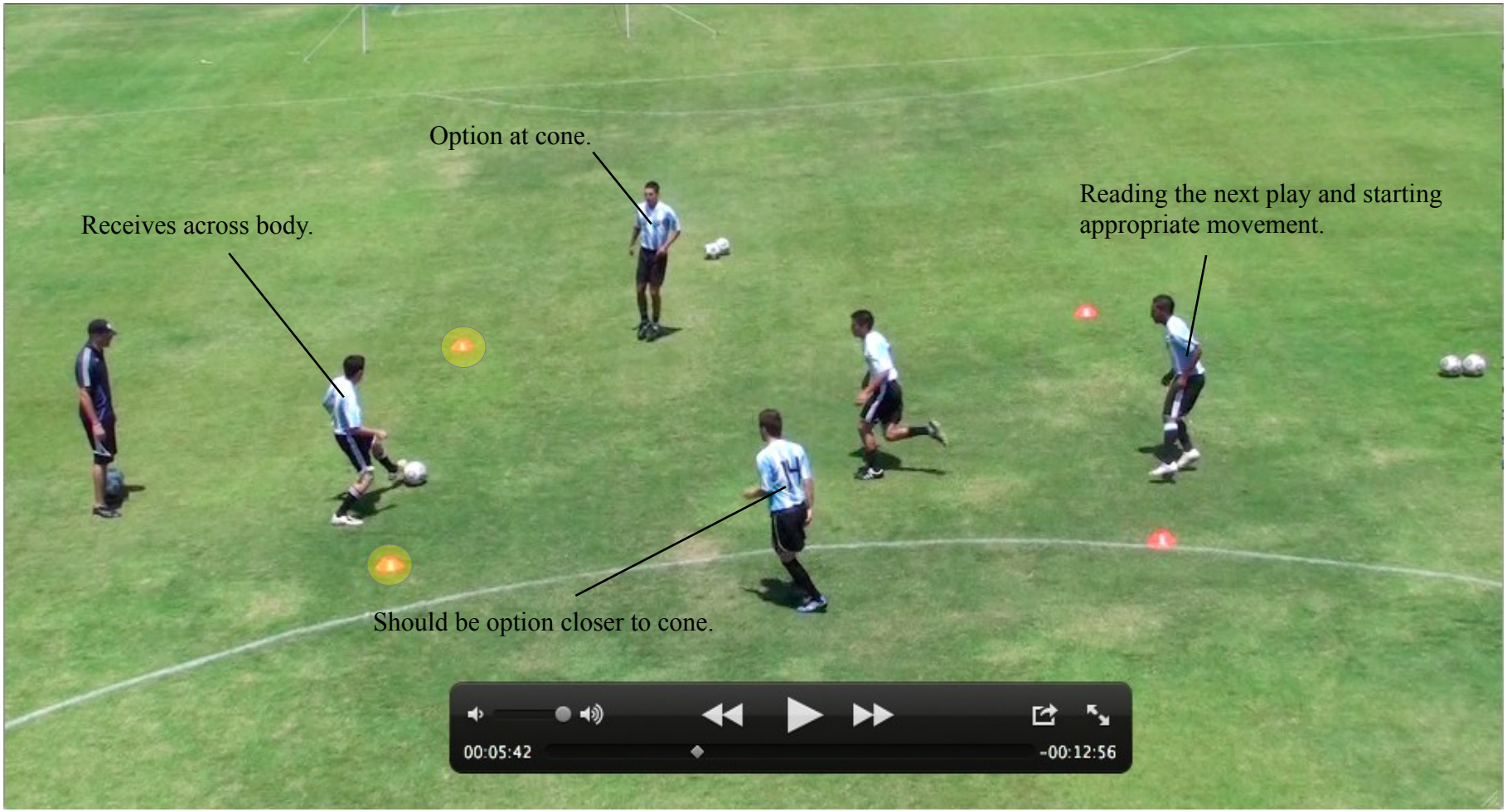
Notes

- Continuous action until trainer sees fit to stop play
- Rotate players as appropriate
- If trainer thinks players aren't handling 4v1, then do 4v0


Getting to cone to provide option.
Try to pass so that his teammate, #14, receives comfortably across body.
Providing option at cone
00:05:40
-00:12:58


Reading the play and starting appropriate movement.
Rush to provide option all the way to cone.
Receive across body.
Rush to provide option all the way to cone.
00:05:41
-00:12:57

Try to pass so that his teammate
receives comfortably across body.
00:05:41
-00:12:56


Option at cone.
Receives across body.
Reading the next play and starting appropriate movement.
Should be option closer to cone.
00:05:42
-00:12:56

Getting his ass to the cone!
00:05:42
-00:12:55

Are You Ready to Take Your Coaching Even Further?

3four3 has put together the core of its successful training methodology for building possession-based teams …

… in the American soccer environment.

Click Here to Find Out More

The Activity you've just gone through contains a tremendous amount of soccer … but it must be integrated into a bigger coherent context.

And proper execution is key!

We've been coaching and refining our possession-based methodology for over 10 years. We've been fortunate to enjoy a lot of success in that time, but it took a lot of work … and we've made our share of mistakes along the way.

What if you could directly benefit from those years of experience – and avoid those mistakes?

What if you could short-circuit the long trial and error cycles?

What if you could collaborate & network with coaches, all working towards that desired possession-based game?