

Pardaan

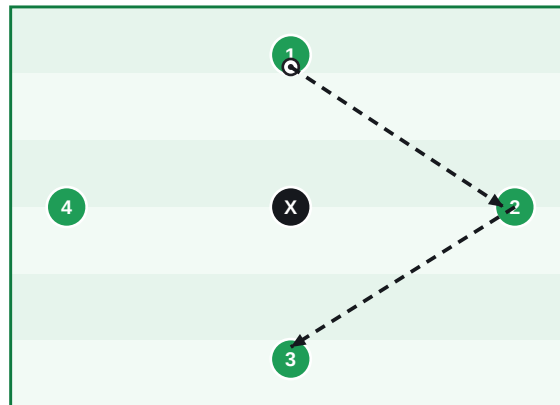
Possession Games & Rondos

Rondo and possession set-ups for every session.

Rondos and possession games are the quickest way to warm up the brain and sharpen clean, quick football. They train scanning, angles of support, speed of pass and decision-making under pressure - all in a small space with lots of touches. Start every session with one. Keep the areas tight enough to challenge but big enough to succeed.

● Attackers / players ● Defenders ▲ Cone ○ Ball - - -> Pass → Run ~ Dribble

4v2 rondo



Keep it from the two in the middle.

Set-up: A 10x10 m box, four players on the edges, two defenders inside. Two-touch maximum.

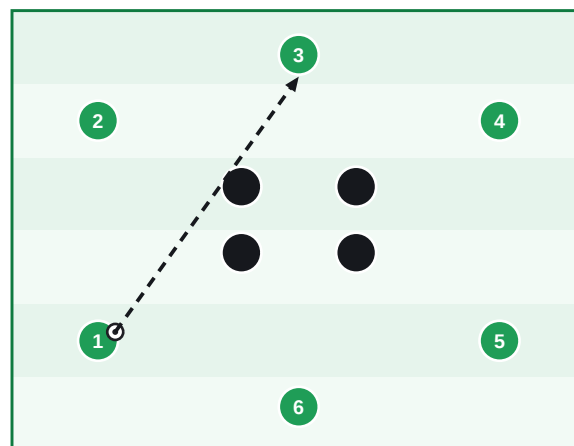
How it works: Keep the ball; defenders press to win it. On a win or a bad pass, the guilty player swaps in.

Coaching points

- Support on an angle so the player on the ball always has two options.
- Scan before you receive; know your next pass in advance.
- Play the way you are facing under pressure.

Progression: One-touch only, or shrink the grid.

Possession 6v4



Overload keeps the ball and switches play.

Set-up: A 20x20 m area, six attackers keeping the ball against four defenders.

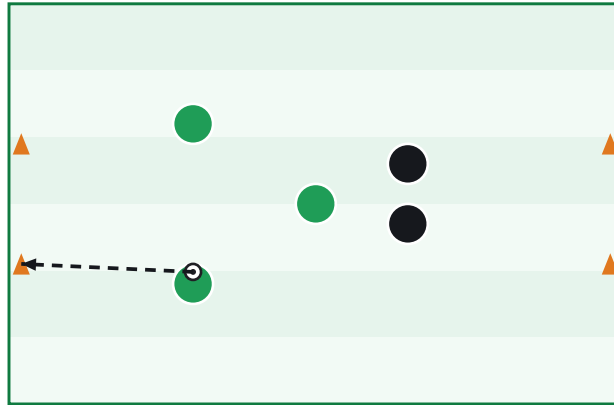
How it works: The overload keeps possession and looks to switch play from one side to the other through the middle.

Coaching points

- Use the spare player - there is always a free option, find them.
- Switch the point of attack to move the defenders and open space.
- Keep the pitch big: spread out when you have the ball.

Progression: Reward a set number of passes, or add two small target goals to attack.

Four-goal game



Score through any of the four gates.

Set-up: A 20x15 m pitch with two small cone-goals on each end line. Even teams (or a small overload).

How it works: Score by passing through any of the four gates to a team-mate. Heads up and quick switches are rewarded.

Coaching points

- Look up to find the open gate on the far side.
- Move the ball quickly from one gate to another to pull defenders around.
- Spread out to keep all four goals 'live'.

Progression: One-touch finish through the gate, or add a goalkeeper on each end goal.