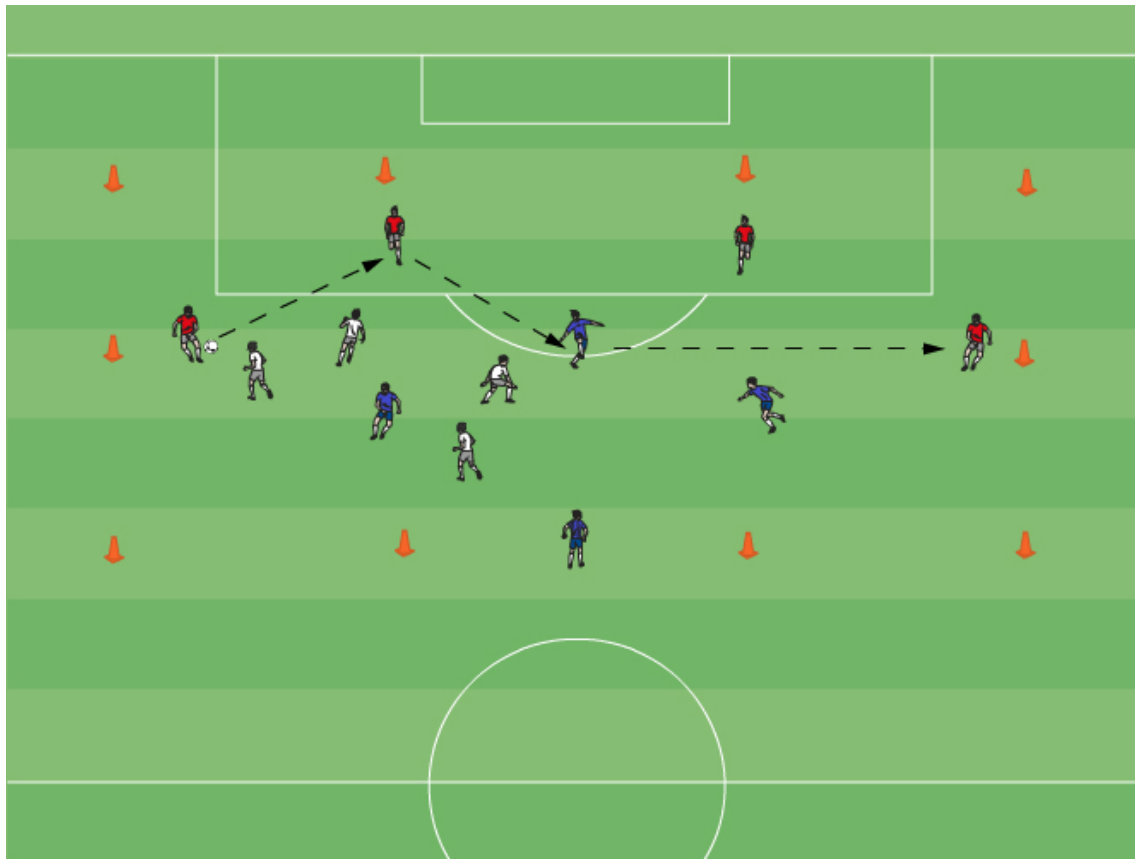


BUILD UP 4V4 PLUS 4 POSITIONAL RONDO



ORGANIZATION:

Red: #2, #4, #5, #3 Back Four Defenders play as neutrals

Blue: #6, #8, #10, #9 Three Midfielders & Striker

White: Defends - assumes positions of blue in transition

CONCEPT:

Red plays as back four in build phase of possession. 2 Groups in possession need to hold team shape, connect lines, have proper movement off ball, use proper passing/receiving techniques, create rhythm with passes between all players and move ball through all three channels. Blue/White transition from defending to attacking (assume proper shape). Blue/White transition from attacking to defending (apply immediate pressure).

Duration/Intervals:

15-20 minutes duration

1:30 Intervals (30 sec rest)

Short intervals with rest provide high pace

Increase competitive mentality push ups for team defending at end of interval