



(9 Square Rondo) with Covid-19 Restrictions applied

AREAS: (9) ten-yard squares, good size for restrictions. Outside and middle (grey areas) are restricted to the #6 and #2 and #3. Middle zone could be less as it will be dominated by the #6 only. Ideal for 9v9 teams as it gives good positional sense. Outside grey areas allow the #2 and #3 to receive and connect with the #7 and #11.

OBJECTIVES: Coach starts the ball with the goalie to distribute with either feet or hands to set the session in motion it will then become a 9v4 with restricted pressure from neutrals. Players can move into (vacant zone areas) with a dribble and or pass, trying not to have (2) attacking players in same zone area! Trying to connect with the #6 and combine to get the ball to the #9.

COACHING POINTS: Would be working on some pattern play with our passing under pressure/patience in our build up/must connect with the #6 in our forward progression/good communication/when to pass/when to dribble/lots of combinations to work on/can we change the flow. Lots of variations in this session.

PROGRESSION: Make sure we change out the middle neutrals. We can add a goal for a finishing and bring the #9 into the field session, can also add a more defensive defender as an added neutral. If we all follow the distance rules and restrictions, this can be a good method of teamwork under limited pressure.

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