

# TRAIN LIKE A PRO

## RONDO 4V2

This drill is perfect to start training with. It's always popular with the players and helps stimulate football specific movements, as well giving players ball contact time.

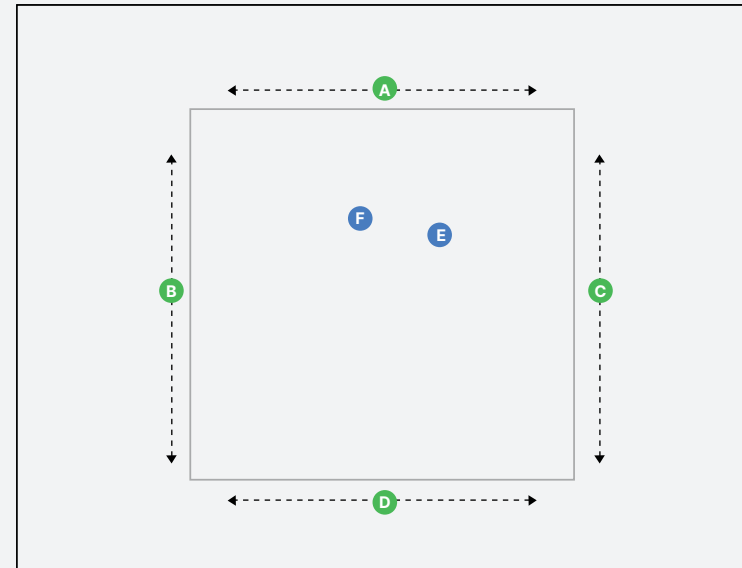
6

10-15 min

Any level

### Summary

- Mental and technical activation
- Awareness of the receiving positions
- Light on the feet
- Using different surfaces of the foot to pass
- Using disguise passes



### Description

Set up your players in a 8m x 8m square. 4 attackers occupy the square and keep the ball away from the two defenders. Player who gives the ball away becomes the defender. Spice it up by restricting maximum touches, allowing a joker in the middle of the rondo or making the area smaller.

- Attackers
- Defenders
- > Running