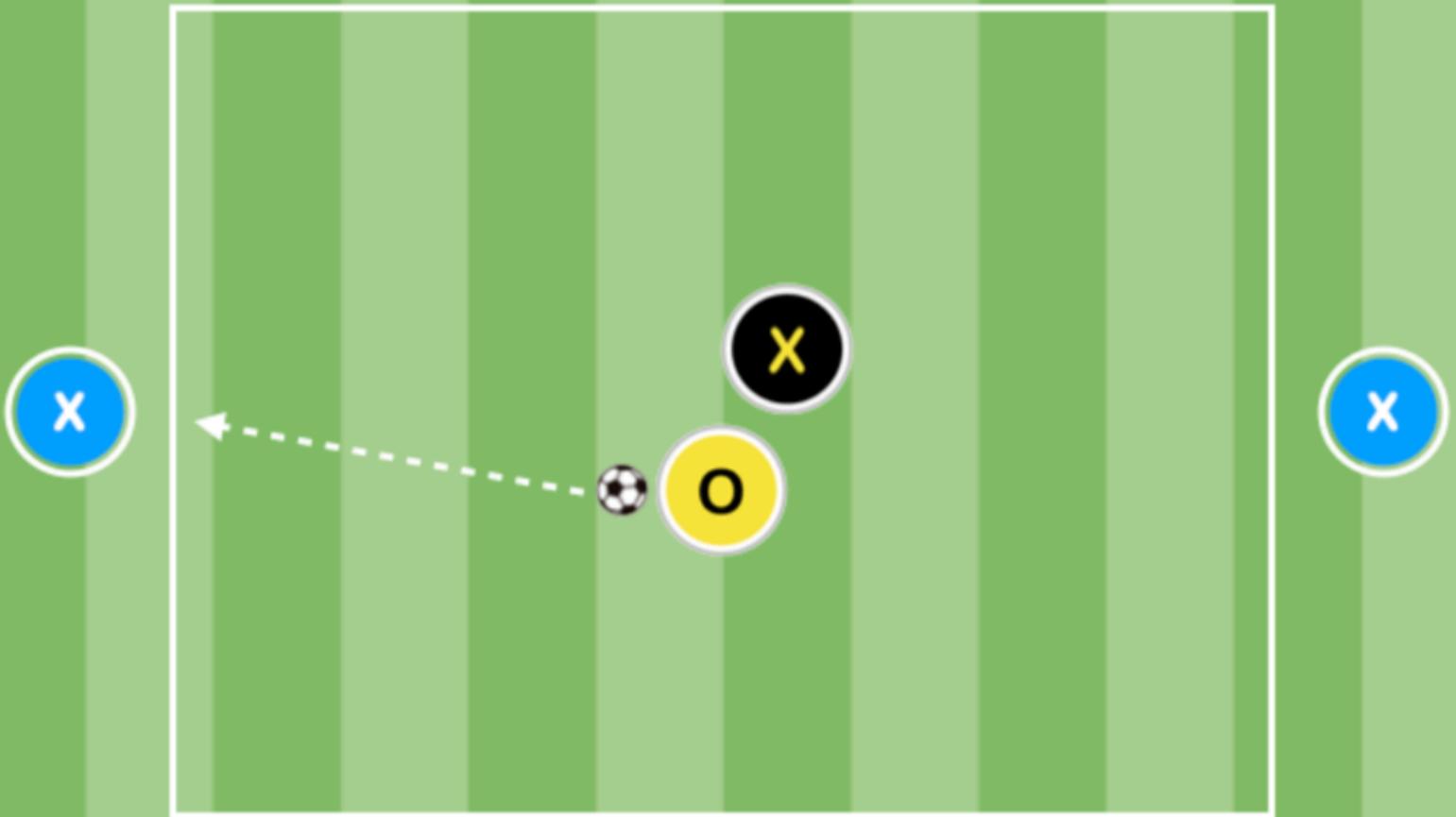


1v1+2 END TO END RONDO



1v1 END TO END RONDO

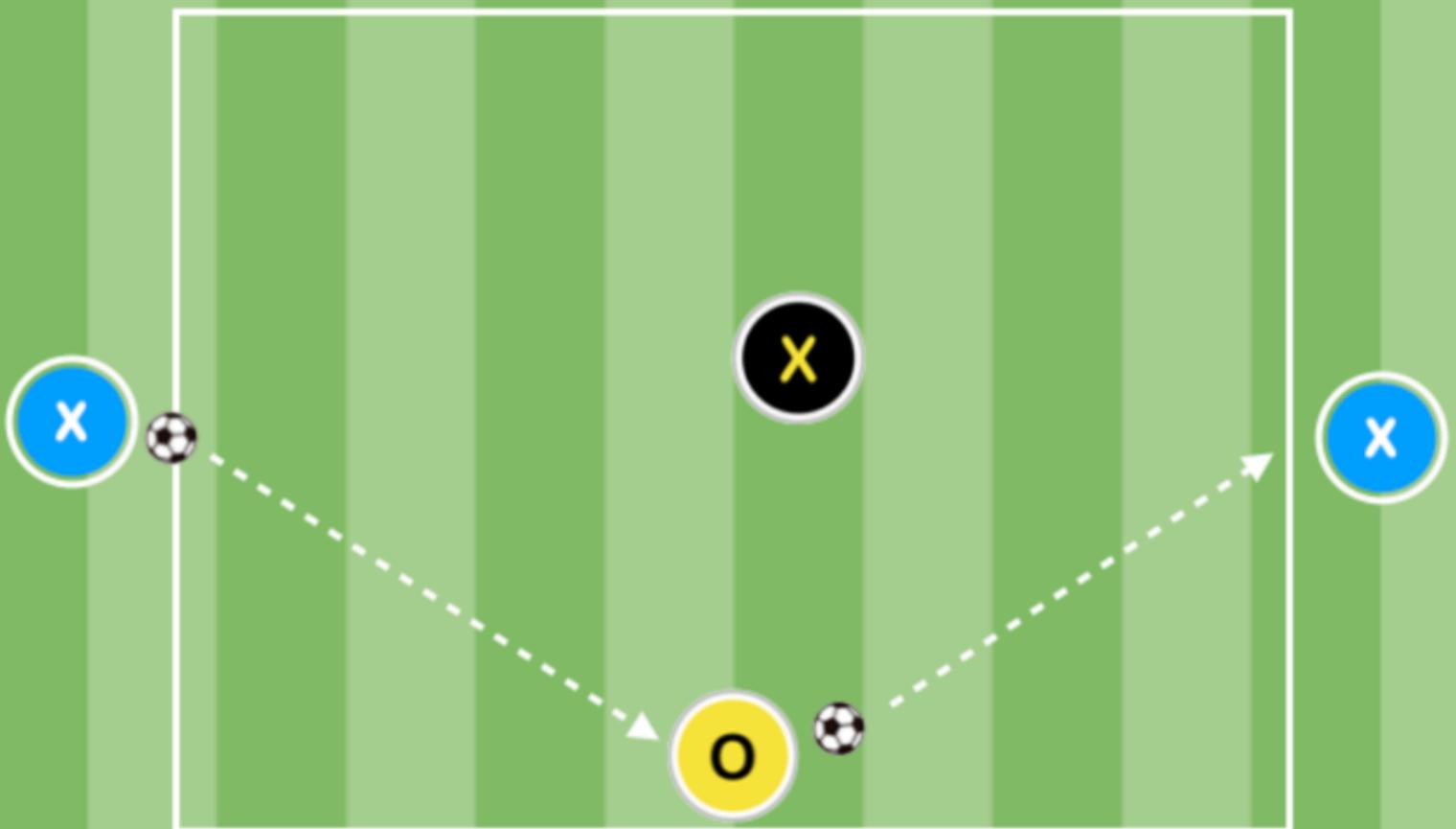
This is a great introductory positional activity that starts to introduce the idea of playing in two directions. You could use this activity to simulate playing the ball to wide areas or playing from end to end. Players will need to work on body position, receiving with the back foot, playing the pass quickly and finding space.

SET UP & ACTIVITY

Set up a rectangle shape playing grid and place two neutrals (the Blue X's) one at each end of the rectangle. The two neutrals can move up and down their side of the rectangle but do not come into the playing grid.

In the middle of the playing grid you will have a 1v1. The Yellow 0 starts in possession of the ball the objective of the activity is for the Yellow 0 to keep the ball away from Black and make a pass to either of the neutral Blue X at either end of the rectangle.

Once the Yellow 0 has made a pass to the one of the Blue Neutrals they must then look to receive the ball back from the Blue neutral and get the ball to the Blue neutral at the other end of the rectangle.



- If the ball goes out of the playing grid switch possession for the ball with the two players in the 1v1
- If the neutral blue player plays the ball and it is intercepted the player who intercepts the ball must now play to the neutral at the opposite end
- Set a time limit or a points total and then with the 1v1 players with the two neutrals
- Make your rectangle suit what objectives you have. If you want to make it easier and work on receiving the ball wide and quick passes then make your grid wider. If you want to work on the player having to receive, turn and beat the defender make your grid long and skinny

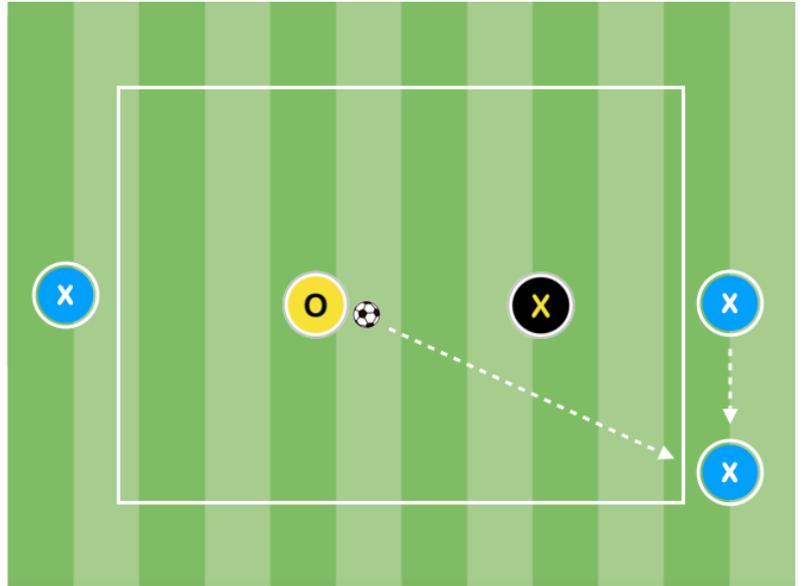
COACHING POINTS

- Focus on players body shape when they get wide, they need to be facing into the grid at a 90 degree angle so they can receive with the back foot and play a quick pass to the other end of the grid.
- Show players how to turn and face in as they are arriving at the space on the sides of the grid. Instead of running to the wide area and then turning, this gives them less time to receive the ball and usually results in them receiving with the wrong foot.
- Defender needs to cut off the attacker receiving the ball out wide, they need to try and stay goal side of the attacker and make them receive the ball with their back to where they want to go.
- Defender needs to be patient if they are goal side don't try to force getting the ball and let the player roll around you to make an easy pass. Stay between the player the ball and where they want to go.

COMMON MISTAKES

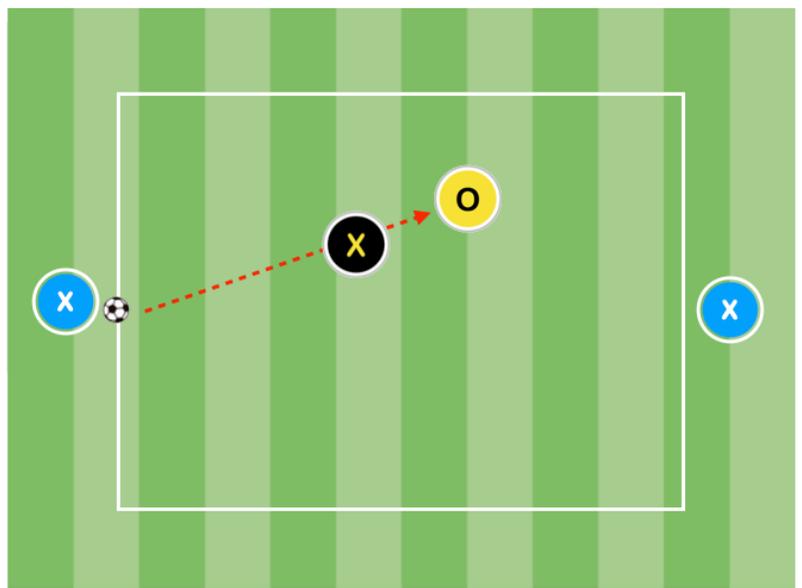
The end neutral players will remain static and not move to get into an open position for the player in the middle to pass to.

- Show the end neutral players how they need to react and move to the most open space they can for the player on the ball in the 2v2
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- The neutral player needs to react to what the player in possession in the 1v1 is doing and where they are moving. They must move along the line to create an open pass for the player in the middle



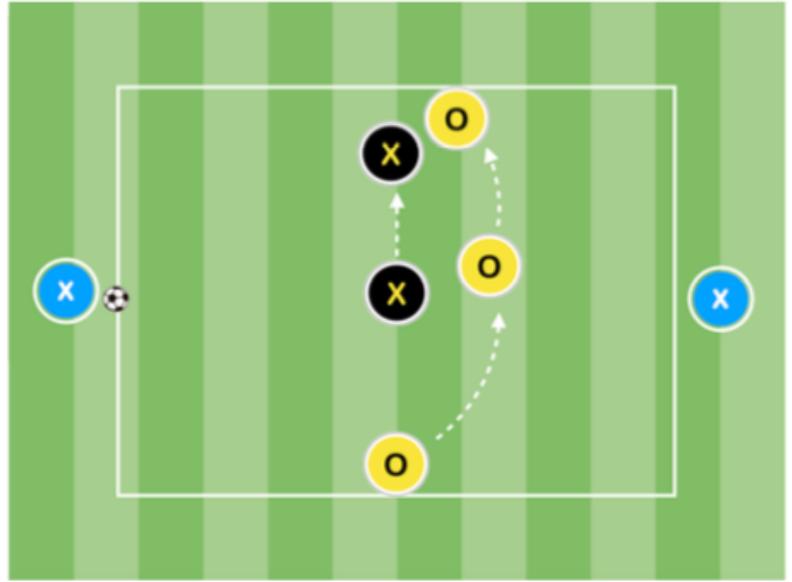
The player in the 1v1 will not get open for the neutral to be able to pass the ball back to them.

- Show the player in the 1v1 how they need to try and get open to the side of the defender so they defender has less chance of intercepting the ball.
- Show the player in the 1v1 how to come to the ball and receive in front of the defender.



The player in the 1v1 will be open on the sideline and then instead of staying in the open position will try and run behind the defender to the other side of the pitch.

- Show the player how sometimes you do not need to move to a new space to be open you can remain in the space you are in if the defender does not come and cover you.
- Many times we see the player vacate a position where they are already in space. Show them how being open and in space is relative to the defender.



The player in the 1v1 will get open on the sideline but will not have an open body position and will not receive the ball with their back foot.

- This will slow the player down as they will now have to turn to get the ball into a position where they can play the pass to the neutral player at the other end.
- Show the player how to face inward to the pitch and allow the ball to roll across their body so they can receive the ball with the back foot and then they will be in a good position to play the ball quickly to the neutral player at the opposite end.