

## Rondo (10 mins)

**Setup:**

5x5 yard box, 4v1.



## Activity A (15 mins)

**Setup:**

Inside the 18 yard box, divide the area in 2. In each half, players play 4v4.

**Activity:**

2 Simultaneous games take place. A goalkeeper patrols their goal appropriately. No player may enter the 6 yard box but the keeper. The goal is to record 5 or 7 consecutive passes and then score a goal. The goalie must watch both games.

**Coaching:**

For added ease, add neutral players. For added complexity, require that the shots be first time.



## Activity B (20 mins)

**Setup:**

In the entire half, outside of the box, set even sided teams, or a 6v6+3.

**Activity:**

Teams look to create a 7 consecutive pass situation. Then a player may break into the box to receive a pass or a player may dribble in.

**Coaching:**

As a next step, allow players to play into the corner area. If they serve it into the box as a cross, any number of their teammates may enter the box, but the finish must be first time out of the air or after 1 bounce.

