

# Drop Bib Rondo

## Set Up

- 20m x 20m area
- Four bibs (defenders)

## How to Play

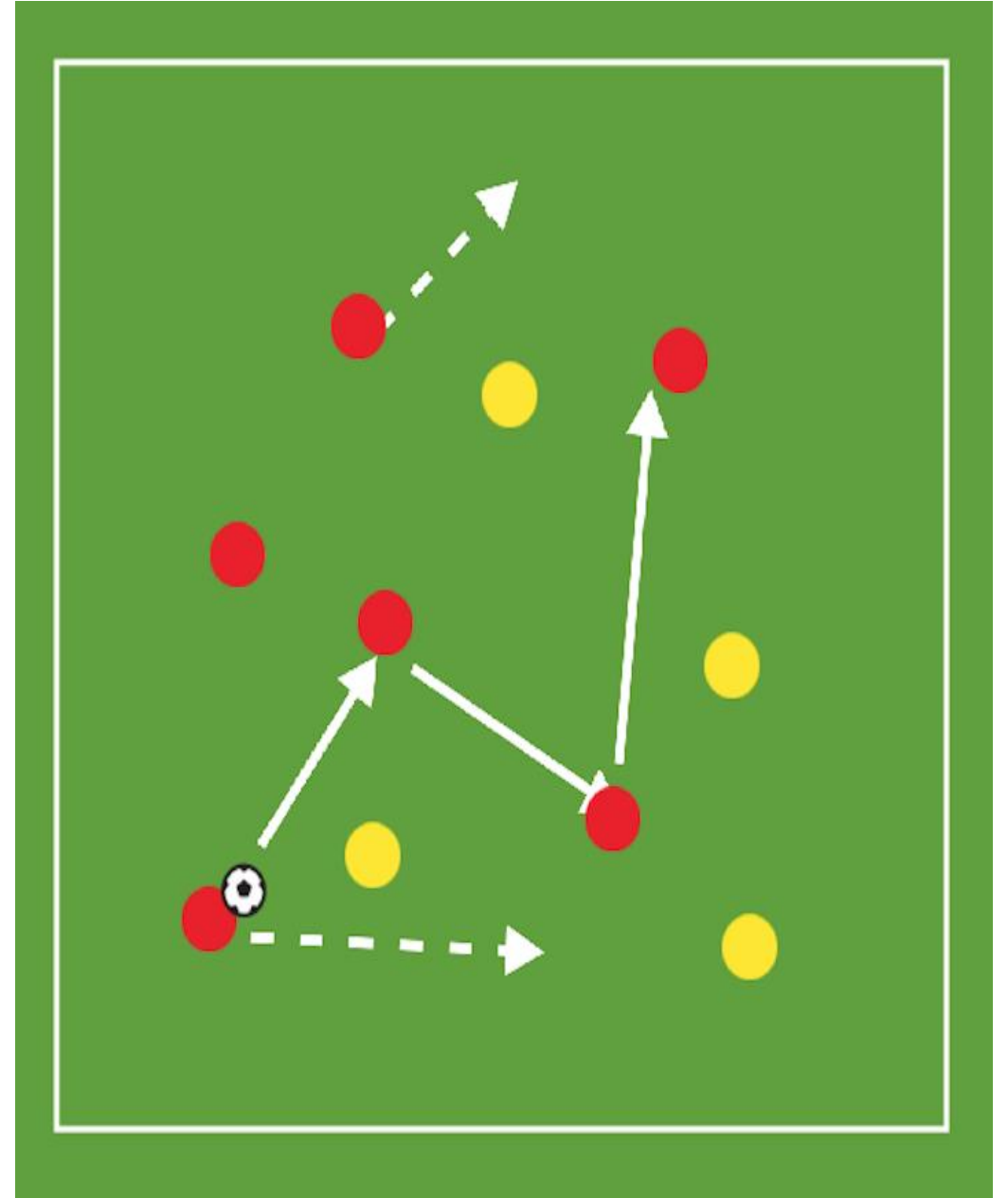
- Possession team (6) vs Defending team (4) – Overload situation
- Possession team aim to retain possession
- Defending team attempt to retain possession
- Defenders MUST regain possession (intercept or tackle) OR force possession team to lose control of the ball outside of the area (pressure).
- Once possession is regained, defender immediately drops the bib and joins the possession team, whilst the person guilty of losing the ball picks the bib up and is now a defender.
- **KEY** – If ball comes off defender and goes out, not change of roles occurs
- When the ball exits the area, the coach will serve in a new ball.

## Progression

- Modify the number of touches possession team can take
- Increase / decrease the number of defenders.
- Increase / decrease the size / shape of the areas (ie 15m x 20m)
- Divide area into halves / combine two grids. One area free play, other restricted

## Details

- 1<sup>st</sup> touch
- Passing quality (accuracy, weight)
- Movement
- Communication
- Draw defenders before playing
- Central players to try and opportate in central areas
- Instant pressure if lost ball
- Instant shift of ball if regain
- Transition moments (P-D, D-P)



# German Shooting

## Set Up

- As shown
- Each team split in the diagonal

## How to Play

- Ball is lofted in the air to a teammate in the diagonal.
- **KEY** – If ball hits ground before teammate, play is ruled dead.
- Receiving teammate plays a layoff (must be first time) to first player who then shoots (must be first time) at goal. = 2 points
- Receiving teammate could also shoot on goal directly 1<sup>st</sup> time (header or volley) = 1 point
- First player could also shoot and score directly = 1 point
- GKs are able to anticipate and affect the first pass. Should they catch the ball cleanly they can then drop the ball and shoot against opposing GK.
- **KEY** – If GK catches ball, play must wait until the GK shoots and ball is dead.
  - If defending GK catches the ball cleanly, they also get a change to shoot (GK wars)
- Teams alternate turns and play up to a predetermined scoreline.

## Details

- Quality of first pass important
- Keep the GKs honest (if cheating then shoot on them)
- Type of layoff required
- Type of finish required.
- KEEP SCORE / COMPETITION (first to 20 is about a 10 min game)

**Add a manequen on the touchlines where players must sprint around if shot misses the target!**

