



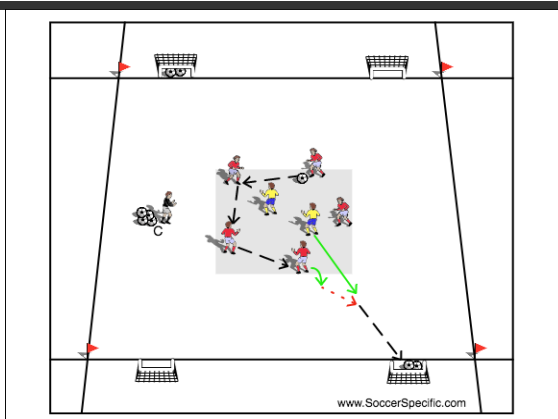
# Rondo Breakout To Goal

Date: May 18, 2017

Duration: 15 Min

Team: SoccerSpecific

Intensity: ● (5/10) | Category: Tech / Tact



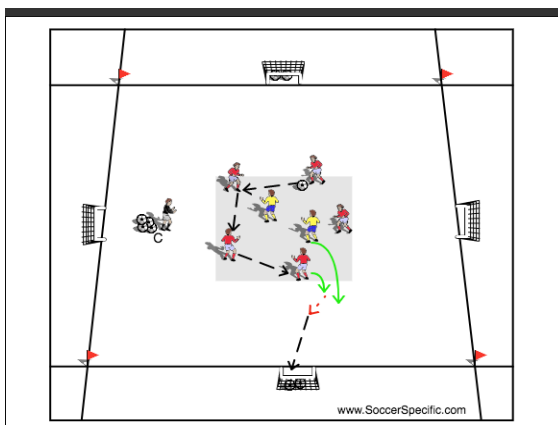
1

⌚ 15 Min ↗ 40X30

**Setup:** 10X10 designated playing area is placed in the middle of a 30X40 field with two small goals on each end line.

**Instructions:** The coach plays a ball into the red team, the red team tries to connect a designated amount of passes before they can go to goal. Once they have broken the 10X10 playing area, one of the yellow defenders can initiate an immediate chase to stop the attack. After a given amount of time switch the roles of the players. Variations include: (1) Coach verbally dictates which of the four goals they can attack each sequence. (2) A second attacker and two defenders can join. (3) Must finish in maximum three touches or three seconds.

**Coaching Points:** Develop a rhythm of play in possession, try and draw the two defenders to one side of the grid in order to switch the play quickly and continue the attack in the direction of the desired goal.



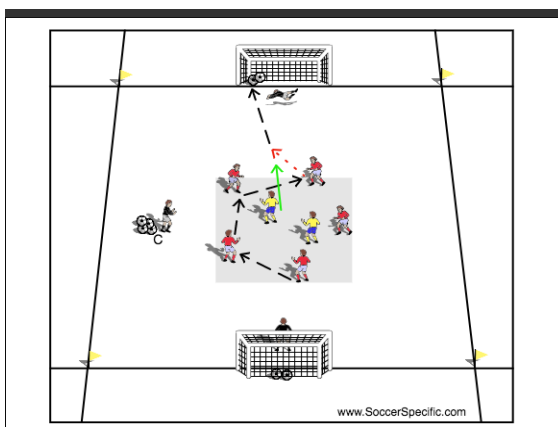
2

⌚ 15 Min ↗ 40X30

**Setup:** 10X10 designated playing area is placed in the middle of a 30X40 field with a small goal placed on each touch line.

**Instructions:** The coach plays a ball into the red team, the red team tries to connect a designated amount of passes before they can go to goal. Once they have broken the 10X10 playing area, one of the yellow defenders can initiate an immediate chase to stop the attack. After a given amount of time switch the roles of the players. Variations include: (1) Coach verbally dictates which of the four goals they can attack each sequence. (2) While the play is developing take away one of the goal options. (3) Must finish in maximum three touches or three seconds.

**Coaching Points:** Develop a rhythm of play in possession, try and draw the two defenders to one side of the grid in order to switch the play quickly and continue the attack in that direction towards the desired goal. Players must continue to scan off the ball to recognize their attacking options.



3

⌚ 15 Min ↗ 40X30

**Setup:** 10X10 designated playing area is placed in the middle of a 30X40 field with a big goal placed on each end line.

**Instructions:** The coach plays a ball into the red team, the red team tries to connect a designated amount of passes before they can go to goal. Once they have broken the 10X10 playing area, one of the yellow defenders can initiate an immediate chase to stop the attack. After a given amount of time switch the roles of the players.

**Coaching Points:** Develop a rhythm of play in possession, try and draw the two defenders to one side of the grid in order to switch the play quickly and continue the attack in that direction towards the desired goal. Efficiency and deliberate movement towards goal.

