



# Rondo Variations

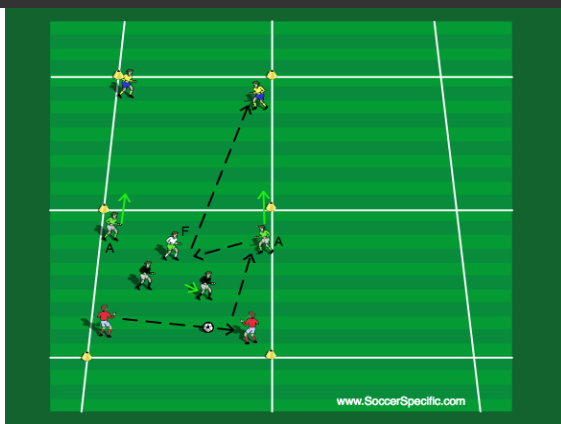
Date: Jan 07, 2018

Duration: Warmup

Team: SoccerSpecific

Intensity: ● (4/10)

Category: Tech / Tact



1

**Setup:** 9 Players split into 4 teams of 2; plus one free player (F). Playing area is divided into two grids as shown.

To begin the activity - 2 Players are designated 'Defenders' - (Black in Diagram)

**Instructions:** RONDO WITH TRANSITIONS TO SUPPORT:

Play starts in one of the grids - 5v2 situation is created; the FREE player (F) must stay centrally to offer supporting angles / passing options. The 2 Defenders attempt to win possession or force errors.

After 5 passes the ball may be switched to the opposite grid - Yellow players - Players (A) and the FREE player now transition across to continue the 5v2. Play is continuous. \*Change Defenders automatically on any loss of possession / error.

**Coaching Points:** Quick ball circulation and movement - 1-touch play.

Passing: Decision-making and Technical Execution

Angles of support / body position to receive - body is sideways-on position.

Awareness / Orientation = always looking & seeing options.



2

**Setup:** 14 Players split into 3 teams of 4; plus two free players (Green in Diagram). Playing area is divided into two grids as shown. To begin the activity - 3 Players are designated 'Defenders' - (Black in Diagram)

**Instructions:** RONDO WITH TRANSITIONS:

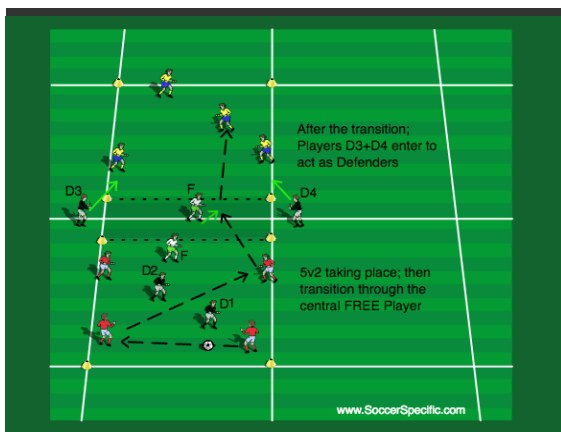
Play starts in one of the grids - 6v3 situation is created; the FREE players (Green) must stay centrally to offer supporting angles / passing options; all other players stay outside the lines. The 3 Defenders attempt to win possession or force errors. After 5 passes the ball may be switched to the opposite grid - FREE players + Defenders now transition across to continue the 6v3. Play is continuous. \*Change Defenders automatically on any loss of possession / error. \*Spare defender waits outside playing area and enters on each transition

**Coaching Points:** Quick ball circulation and movement - 1-touch play.

Passing: Decision-making and Technical Execution

Angles of support / body position to receive - body is sideways-on position.

Awareness / Orientation = always looking & seeing options.



3

**Setup:** 14 players utilised; 3 teams of 4 Players plus two FREE players (white jerseys in Diagram). Playing area divided into 3 zones - central (shaded) area for FREE players only.

**Instructions:** POSITIONAL RONDO WITH TRANSITIONS:

Play starts in one of the grids - A 5v2 situation is created with the 4 Red players + 1 Free player entering the grid; the other FREE player (F) must stay centrally to offer supporting angles / passing options to transition the ball to the opposite grid. The 2 Defenders (D1 / D2) attempt to win possession or force errors. After 5 passes the ball may be switched to the opposite grid - ball must be switched THROUGH the central FREE player. Defenders (D3 / D4) now enter to become active defenders / Defenders (D1 / D2) rest. One FREE player enters the opposite grid to maintain the 5v2; one FREE player must always remain in central zone. Play is continuous. \*Change Defenders after designated time

**Coaching Points:** Quick ball circulation and movement - 1-touch play.

Passing: Decision-making and Technical Execution

Angles of support / body position to receive - body is sideways-on position.