



Rondo Progression To Goal

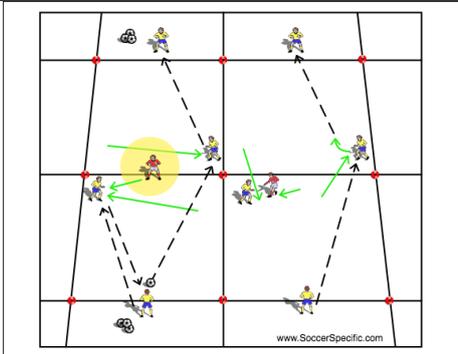
Date: Nov 27, 2018

Duration: 60 Min

Team: SoccerSpecific

Intensity: ● (6/10)

Category: Tech / Tact



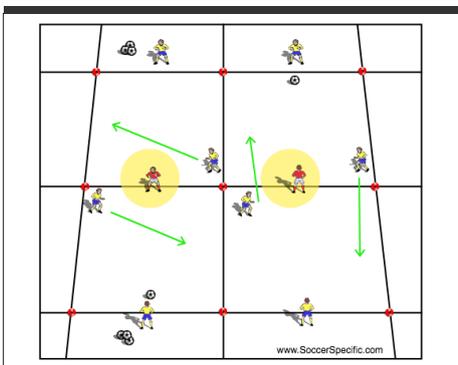
1

⌚ 2X5 Min ↗ 8X16

Setup: Divide your team into 4V1s as shown. Each group of five is working within a 8X16 playing area which can be adjusted based on ability level and/or age.

Instructions: The main objective is work on opposite movement of the two working players in the middle of the grid. The player on the end line must play a ball into one of the central players and they must work the ball to the other side. The red defender highlighted in yellow must decide which player to pressure and or win to step into the passing lane and win possession.

Coaching Points: Each attacking player must try and work off each others movements creating a "clutch" like exchange. Encourage each player to stay sideways on so they can see their teammate, the defender and the field of play.



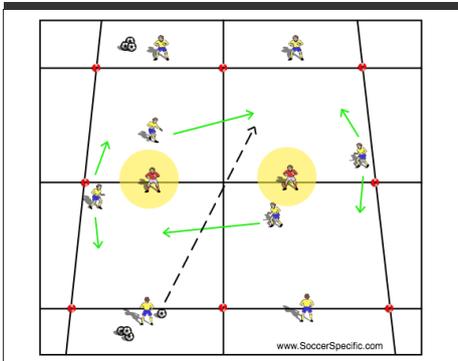
2

⌚ 10X1 Min ↗ 8X16

Setup: 4V1 rectangle rondo utilizing the same 8X16 playing area during the 4V1 passing sequences which can be adjusted based on ability level and/or age.

Instructions: Main objective is to work on opposite movement of the two working players in middle of grid. The player on the end line must play a ball into one of the central players and must work the ball to other side. The red defender highlighted in yellow must decide which player to pressure/win to step into the passing lane and win possession.

Coaching Points: Can the two yellow midfielders keep the prescribed movements and passing patterns from the previous activity in this directional possession? Each attacking player must try to work off each others movements creating a "clutch" like exchange. Encourage each player to stay sideways on so they can see their



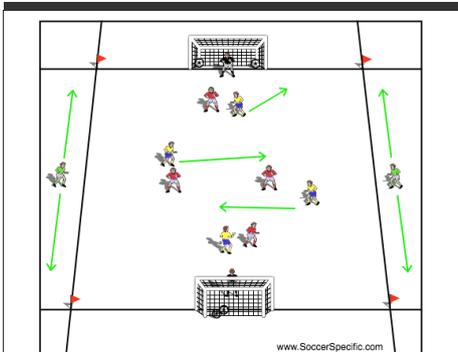
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⌚ 5X2 Min ↗ 16X16

Setup: 8V2 possession. Use the same playing area as used in both 4V1 possession grids and pick up the red middle cone. Total playing area is now 16X16.

Instructions: The yellow players on the outside of the grid look to possess and combine with the two yellow players on the inside of the grid. Yellow players are encouraged to link with two central midfielders before switching the point of attack.

Coaching Points: Look to play in the gaps and behind each of the defenders. Work on timing of runs depending on where the ball is located on the outside. Each attacking player must try and work off each others movements creating a "clutch" like exchange. Encourage each player to stay sideways on so they can see their teammate, the defender and the field of play. If your players are finding too much success, add two more defenders making it a 8V4 rondo.



4

⌚ 4X4 Min ↗ 44X36

Setup: 4V4+2GKs. With the same 10 players add two GKs and organize your teams in a 1-2-1 formation with neutral players on the sidelines.

Instructions: Normal soccer rules apply. Play for a designated amount of time or until a certain amount of goals are scored.

Coaching Points: Objectives are the same and all previous coaching points apply.