



Rondo Playmaker

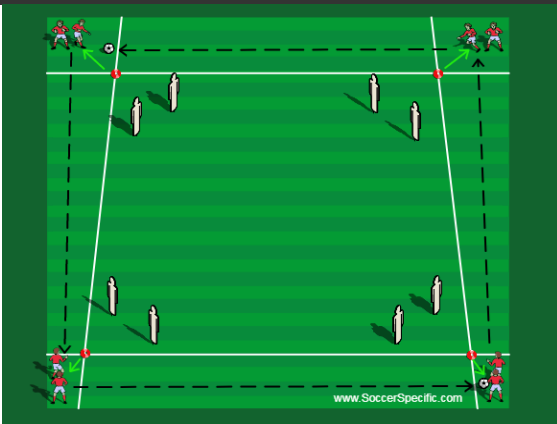
Date: Apr 9, 2019

Duration: 30 Min

Team: SoccerSpecific

Intensity: ● (5/10)

Category: Tech / Tact



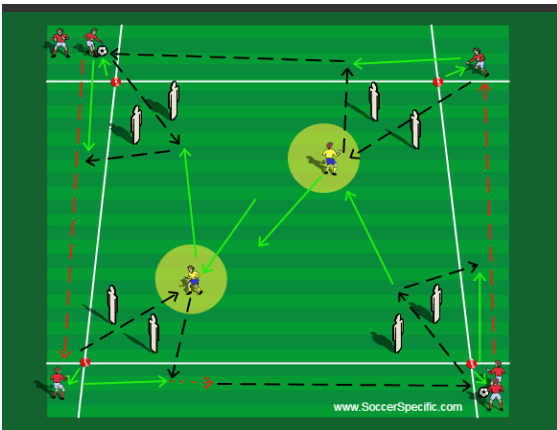
1

⌚ 2X2 Min ↗ 15X15

Setup: 15X15 Grid, 8 players per grid, multiple grids if necessary, 8 mannequins, two players and extra balls in each corner.

Instructions: Balls in opposite corners start at the same time. The first player starts at the cone and pops away from the cone (defender) and receives the ball. Pass with the right foot and receive with the right foot, to rotate follow your pass in a counter clockwise sequence. Right on right for two minutes and then switch the direction to left on left for two minutes.

Coaching Points: Scan off the ball and recognize how the play is developing on the other side of the grid. Don't ball watch, look off the ball at your desired target before you receive it. Exaggerate the movement off the cone to create space from the defender. Timing of the check off the cone, don't check off the cone too early.



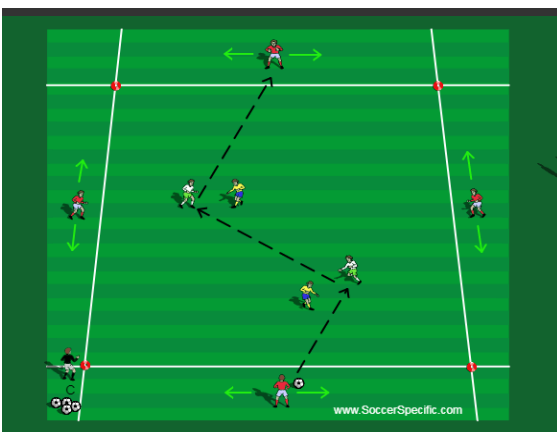
2

⌚ 4X3 Min ↗ 15X15

Setup: 15X15 Grid, 8 players per grid, multiple grids if necessary, 8 mannequins, two players and extra balls in each corner.

Instructions: Place two center midfielders in yellow in the center of the grid. The remaining six players will execute the passing sequence on the outside. Balls in opposite corners start at the same, the initial passes are shown in red. The balls are played counterclockwise, the receiving player must check off the cone and find one of the center midfielders with a sharp pass that splits the two mannequins. Play continues with a quick combo play around the mannequin and to the next player as shown. The two midfielders must work off each other and find the next ball. Continue for three minutes and then switch directions. Rotate through all four sets of players.

Coaching Points: Sharp passing on the perimeter of the grid, scan off the ball and recognize the central midfielders movement. Receive the ball with hips open to the field so you can hit the CM with a first time pass. Two CM's must work on different angles and time their runs appropriately. Too easy? Add one defender, add two defenders!



3

⌚ 4X3 Min ↗ 15X15

Setup: 15X15 Grid, 8 players per grid, multiple grids if necessary. Four red players on the perimeter and two sets of central midfielders in the middle.

Instructions: 6V2 rondo. Players on the outside of the grid try and find penetrating balls to the yellow or white players in the middle of the grid. Possession continues by combining with the other midfielder and the four players on the perimeter. The two defending MF's must try and win the ball back quickly! Rotate through all four sets of players for three minutes each.

Coaching Points: Encourage combining through the middle in order to switch the point of attack. Encourage the MF's to combine with each other when possible. Limit the passes from perimeter player to perimeter player. Midfielders must use sharp movements to lose the defender. All players must constantly scan off the ball to recognize how the play is developing. Players on the outside must always be in a spot where the ball can see them.