

Rondos



Direct from
Pep Guardiola's
Training Sessions

“With rondos, people still think that's just something we do for fun. No! It's an incredible exercise. You use both feet, you look towards the second line, you pass inside, you attract your opponent and then when he's close to you, bam! You pass it to the other side... It's endless. It's an exercise that allows infinite implementations.”

“A rondo is not a whim. It's left foot, right foot, observing, open spaces, finding a way out of pressure, thinking to play past the one that is pressing you to the one he's freed up. The rondo is tremendous.”

Xavi

(Legendary former FC Barcelona and Spain player)

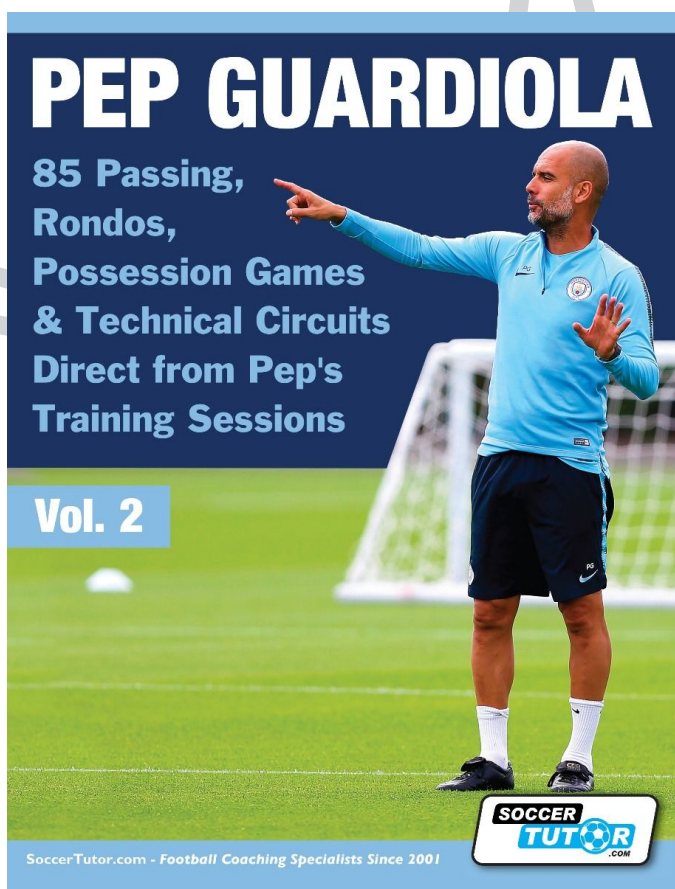
5. 6 v 2 Rectangle Rondo



Description

- The players work in groups of 8 in a 5 x 10 yard area.
- For the possession team, there are 2 players on each of the 2 shorter sides and 1 player on each of the longer sides. They are positioned on the outsides but must still play within the area.
- The 6 outside players aim to keep possession of the ball, trying to use 1 touch.
- The 2 players on the sides work hard to create angles for the players at the ends, constantly moving up and down.
- The 2 inside players (yellows) work together to try and close the angles and win the ball.
- The player that loses the ball switches roles with the player that wins the ball.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017



BUY NOW

Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire



FREE
COACH
VIEWER
APP



www.SoccerTutor.com
info@soccertutor.com

