



CHAPTER 5

Rondos

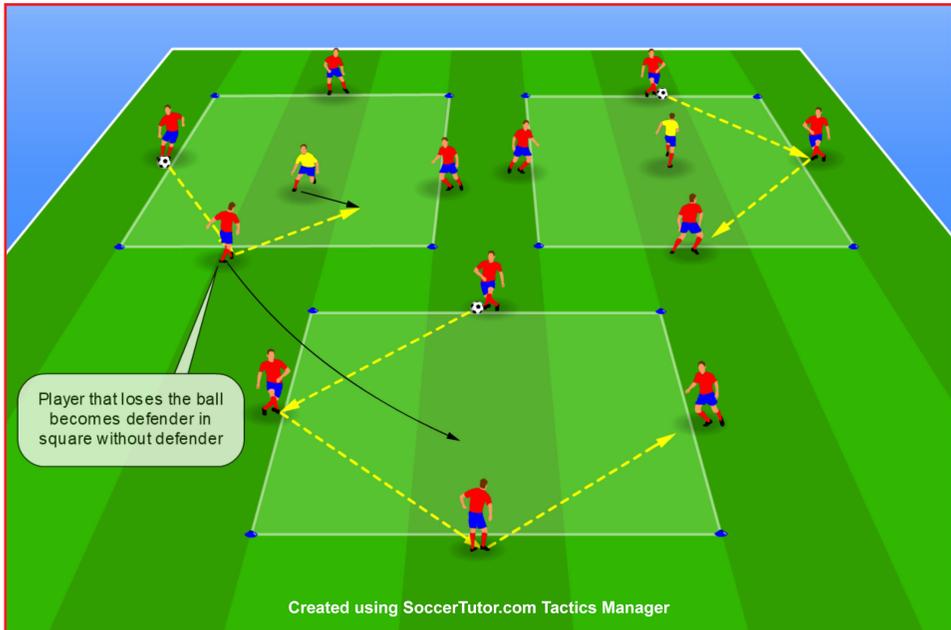
RONDOS TRAINING METHODOLOGY



- Speed, mental agility, technical dexterity and general coordination are some of the skills and physical-technical aspects that are developed by using Rondos in our training sessions.
- Great experts assure that the 5 v 2 Rondo is the most effective. From this starting point you can add the variations that you want to either raise or lower the difficulty (1 touch, 2 touches, weaker foot, keeping the ball up in the air, and more).
- In the RFEF Coaching School, we create many different kinds of Rondos. It is clear that Rondos are a well recommended form of training, but we never leave the player with time and freedom, and instead apply rules and limits. Otherwise the Rondos they perform may be fun but you run the risk of them being monotonous and without specific objectives.
- Coaches should always have specific guidelines and a number of variations depending on the total time spent, which should never be more than 10 minutes per session.

Transition from Attack to Defence in Simultaneous 4 v 1 Rondos

10 min



Objective: Quick passing under pressure to maintain possession and quick reactions.

Description

In this practice, we mark out three 8 yard squares with 1 player on each side, as shown.

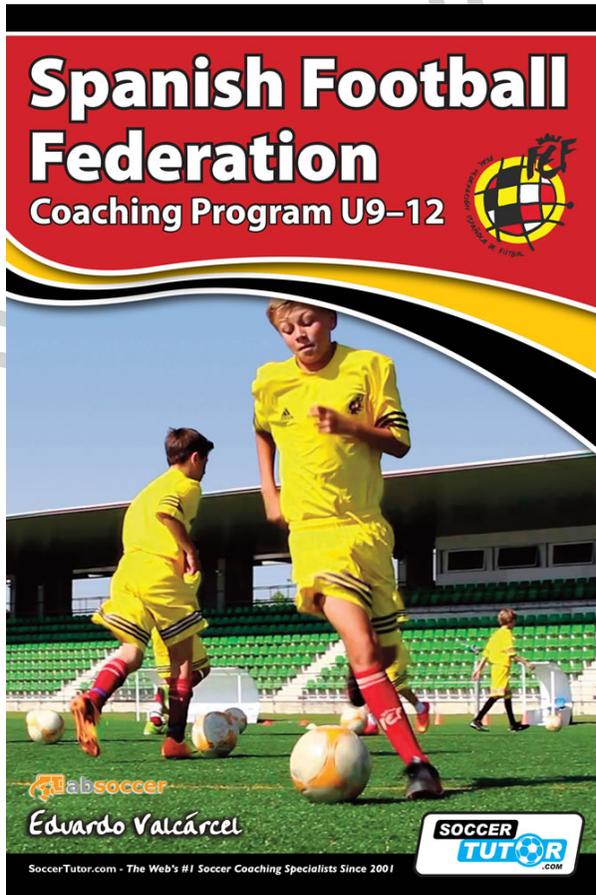
In two of the squares, we have an active 4 v 2 Rondo and in the third there is no defender. In the third square, the players simply keep the ball moving, passing to one another.

When one of the defenders (yellow bib) wins the ball in an active Rondo, he then moves to the outside. The player that lost the ball takes the yellow bib and runs to the empty Rondo to become the defender in there.

The practice is continuous.

Variation: Allow the players to run into an active Rondo that already has a defender to create a 4 v 2 situation.

Progression: Limit the players to a maximum of 2 touches.



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