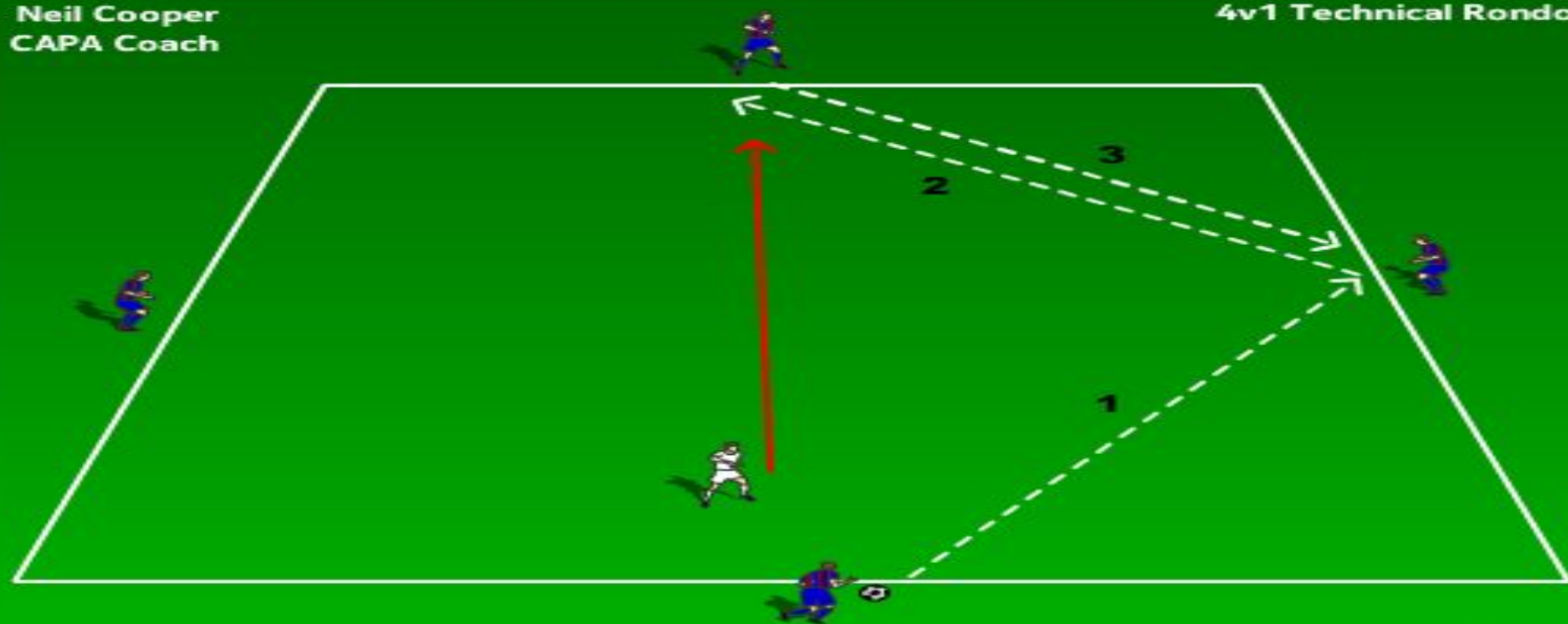


Rondos

Basic Rondos



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4v1 Technical Rondo

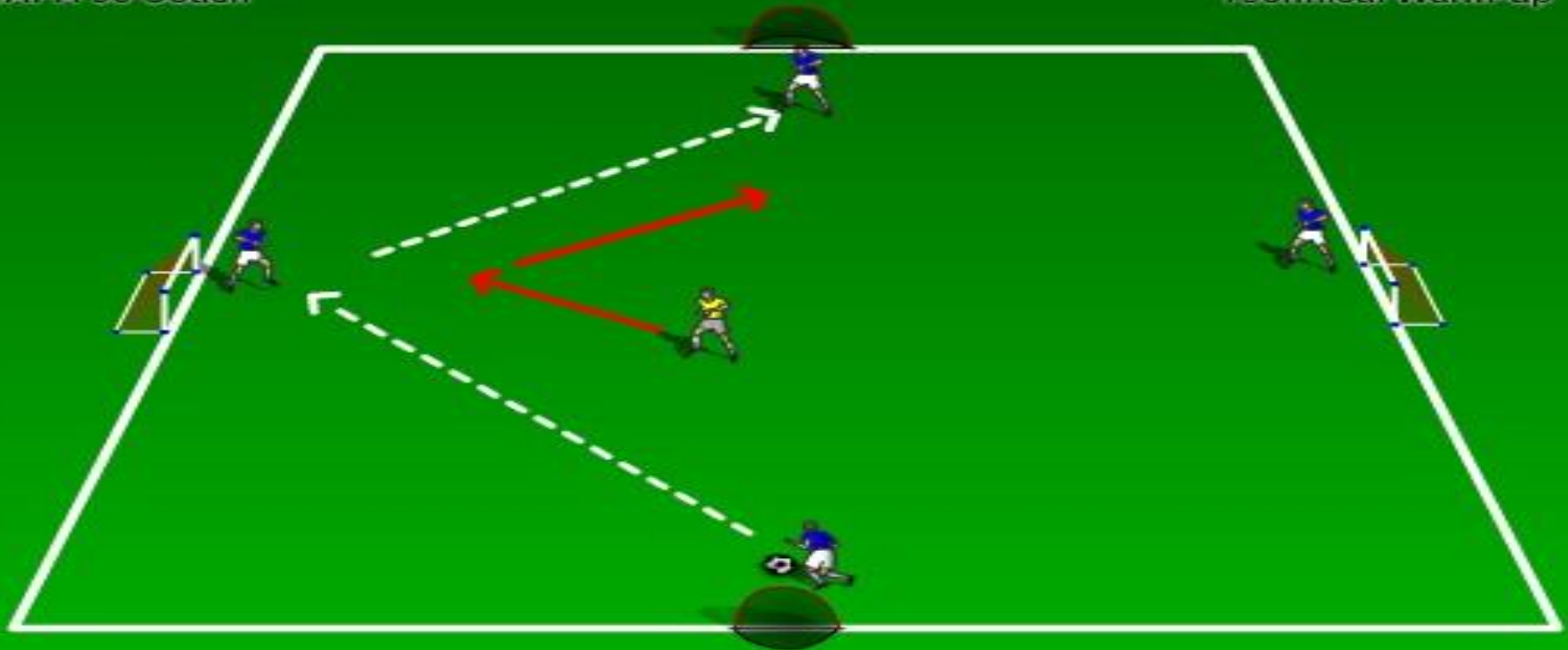
Rondo is used to teach players good habits in possession and repeat those movements. Players set up in a regular 4v1 rondo. Players pass the ball around trying to keep the ball away from the player in the middle. Must follow rules of the game:

- Players can only play back to the same player with a 1 touch pass (3)
- If players take more than 1 touch, they must take 1st touch with back foot

Players can only get out of the middle by:

- Noticing that players broke 1 of the 2 rules above
- They intercept or win a tackle and retain possession of the ball (touching it out doesn't count).

If a player breaks a rule, they should continue as normal. It is down to the defender to call the mistake so they can get out the middle.



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Rondo

Blue team plays 4 v 1 keep away from yellow defender. Yellow defender tries to force mistake or win possession of the ball. Scores a point every time they do this. Defends for 1 minute and then new defender moves in.

Coaching Points:

- Keep the ball moving
- Pass when the player is open. Don't wait for pressure
- Stay ready to receive a pass

Progressions:

- Add extra defender
- Limit touches (1 or 2 touch)
- Add goals for defender to transition toward



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3 Man Rondo

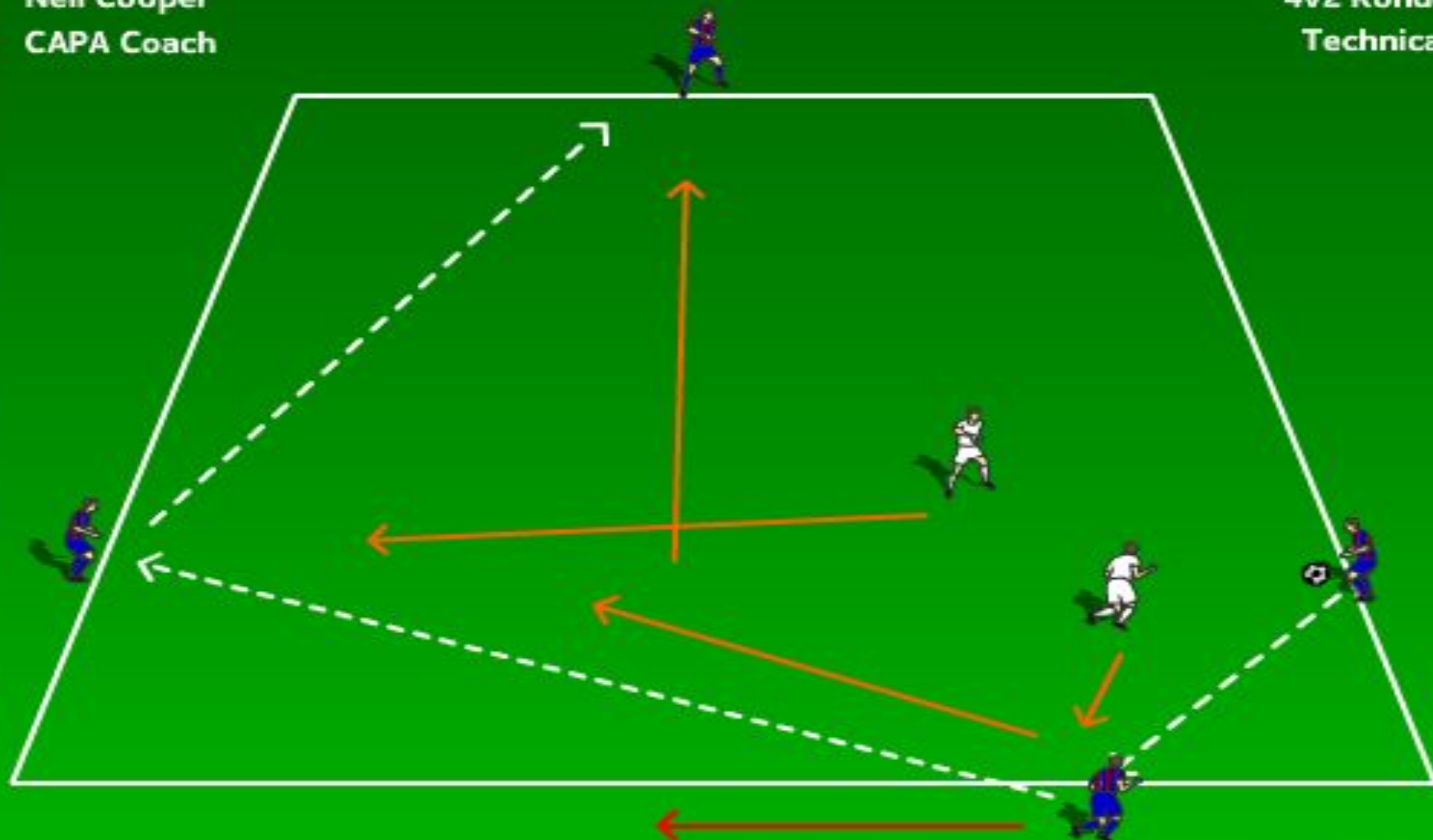
Players play keep away from man in middle in a 10x10 grid. When Player A has the ball, he should have a player to the left and right of him. When he passess to Player B, Player B should also have a player to the left and right of him. Because his right side is open, Player C must move to support on the right. Play continues like this until white player wins the ball and new player goes in the middle.

Coaching Points

- Move the ball quickly with 1 or 2 touches
- Recognise where the ball is and whether you need to move or not to support
- Get as far down the line to support as possible

Progressions:

- Smaller Grid
- 1 Touch only.

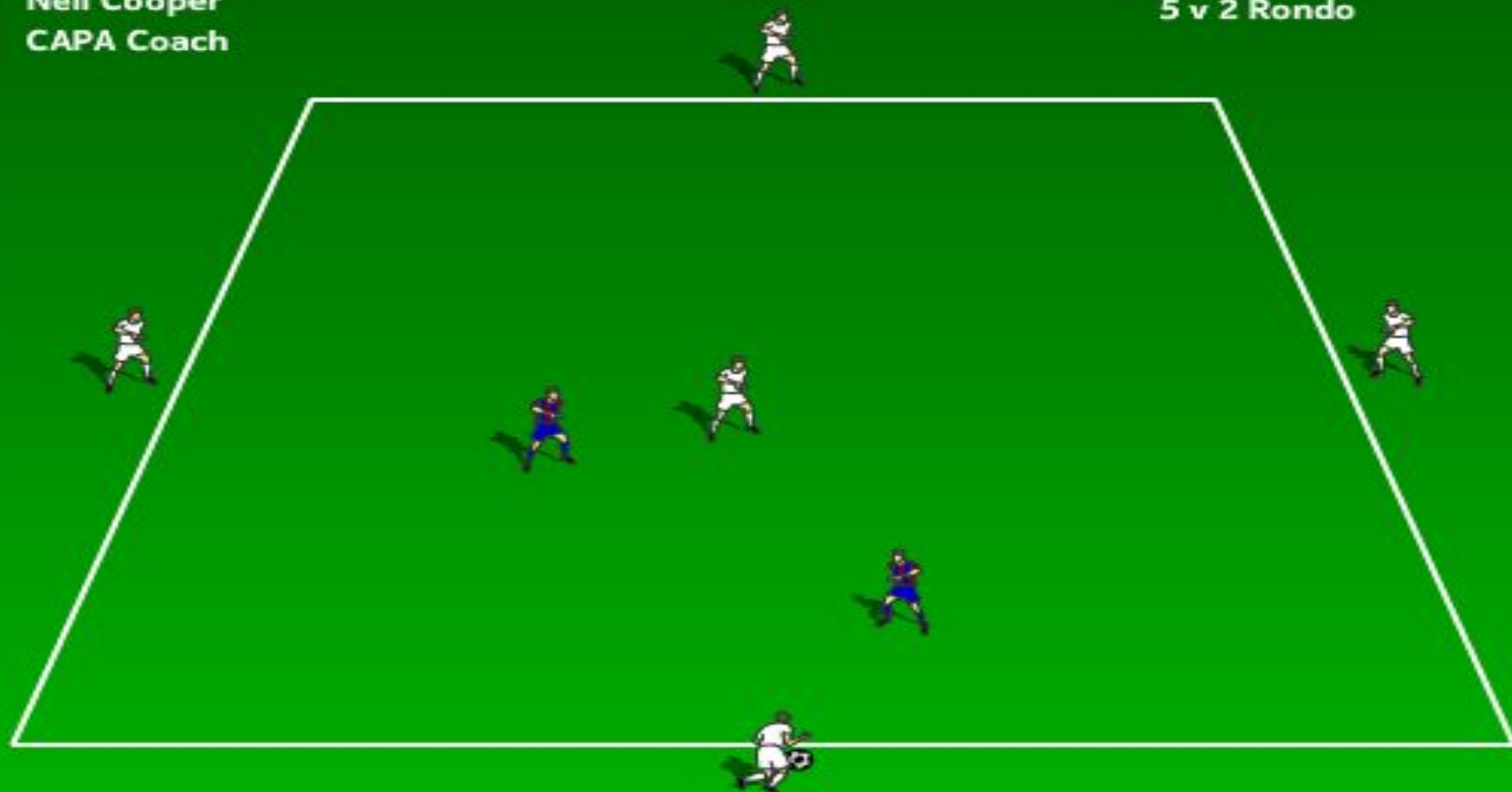


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Blues set up in the square to play a 4v2 rondo. Look to keep possession by moving up and down the lines. Score a point for each "split" of the defenders they achieve. If the defenders win the ball, they switch with the players that lost possession of the ball.

Neil Cooper
CAPA Coach

5 v 2 Rondo



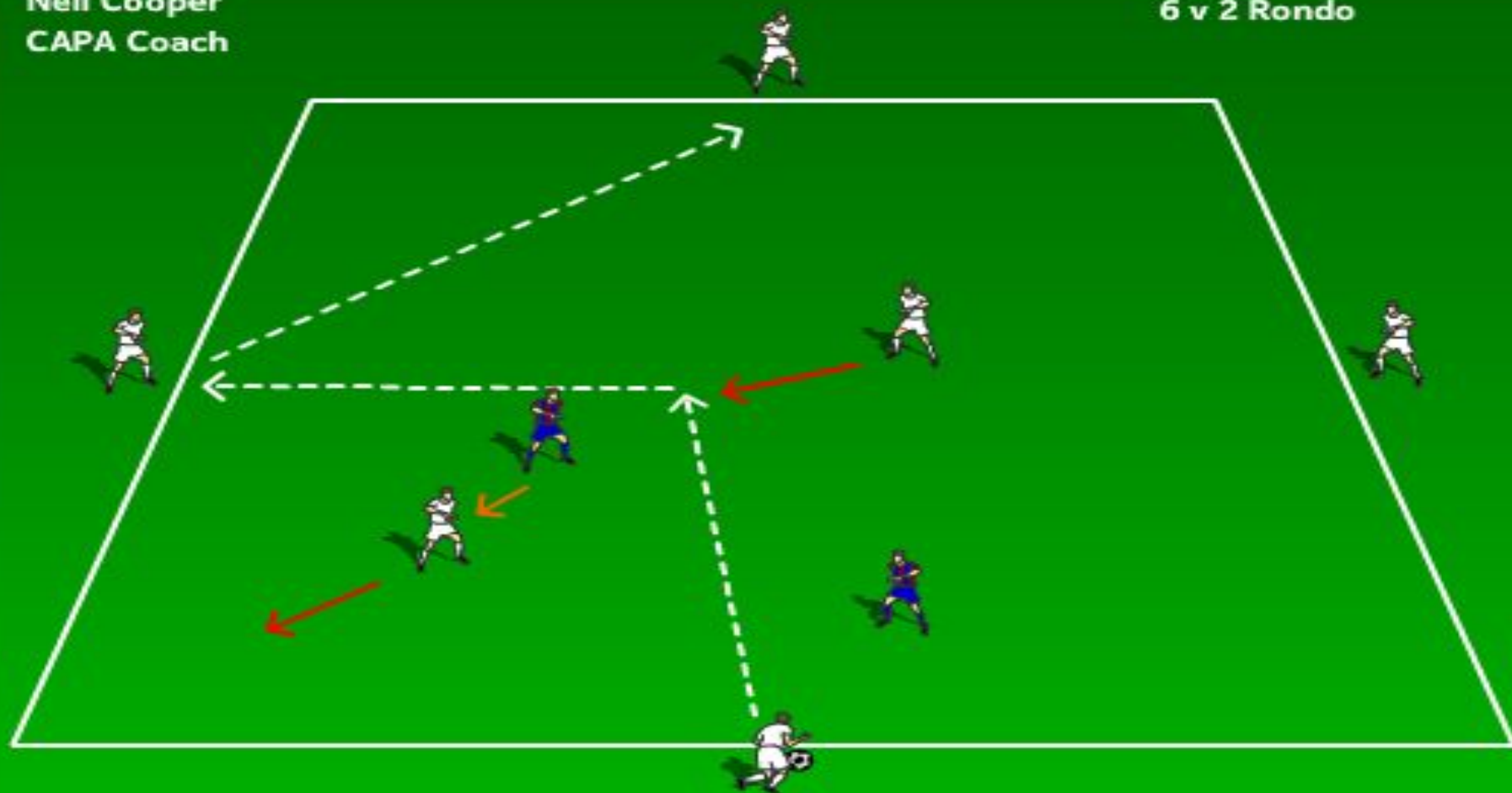
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5 v 2 Rondo

Whites keep the ball away from the 2 defenders. They have 4 players positioned around the outside of the box with another player positioned in the middle that can be used to retain possession.

Neil Cooper
CAPA Coach

6 v 2 Rondo



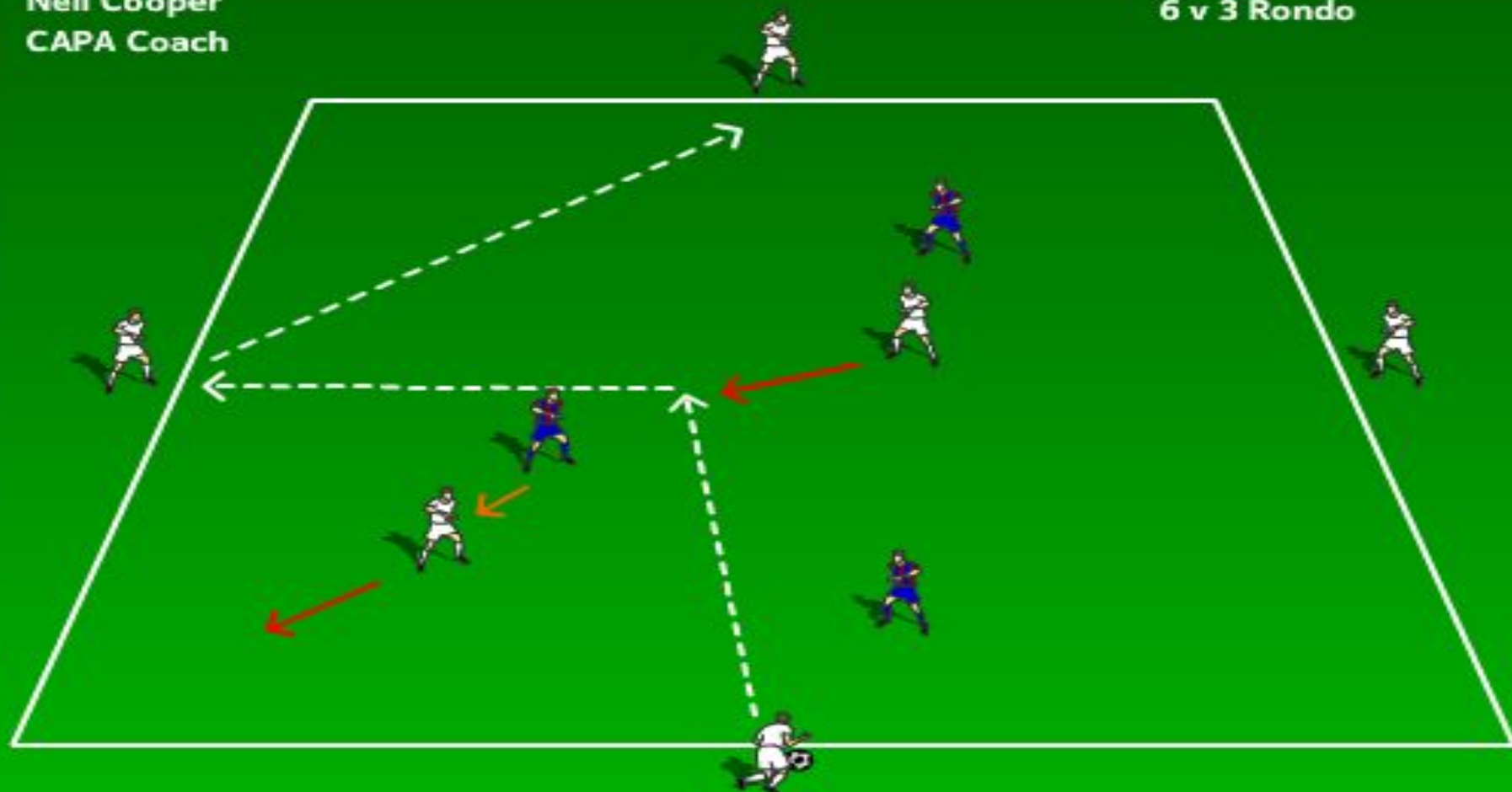
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6 v 2 Rondo

Whites keep the ball away from the 2 defenders. They have 4 players positioned around the outside of the box with 2 players positioned in the middle that can be used to retain possession.

Neil Cooper
CAPA Coach

6 v 3 Rondo



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6 v 3 Rondo

Whites keep the ball away from the 3 defenders. They have 4 players positioned around the outside of the box with 2 players positioned in the middle that can be used to retain possession.

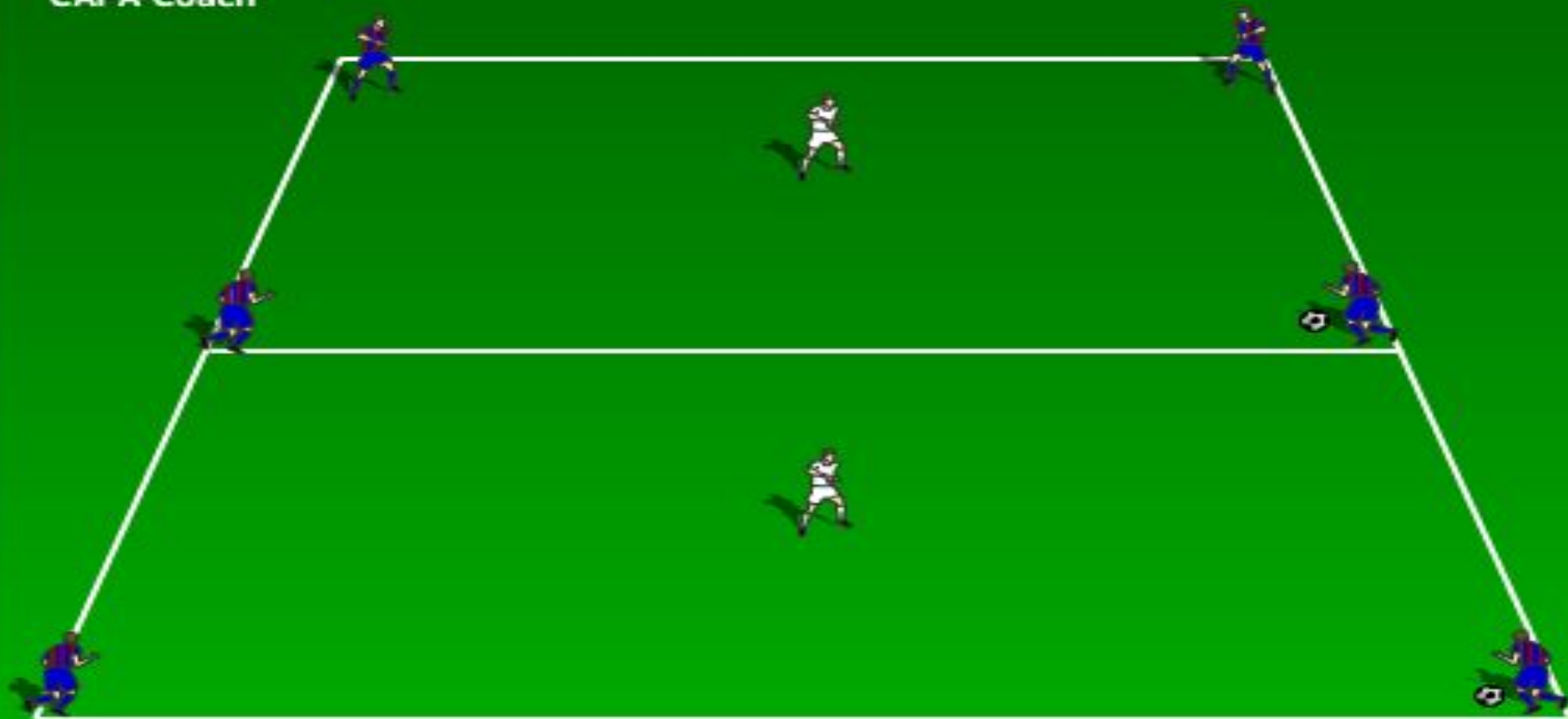


10 v 2 Warm-up Rondo

10 players position themselves in a circle and keep possession from 2 defenders. Size of the circle will vary depending on ability. The tighter the circle, the harder the rondo. For U18s, I get them to hold bibs between each other to keep circle tight.

Neil Cooper
CAPA Coach

Side by Side Rondo



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Side by Side Rondo

This is 2, 4x1 rondos next to each other using the players in the middle for both rondos. They are required to be aware of where the ball is to maintain possession and help both groups.



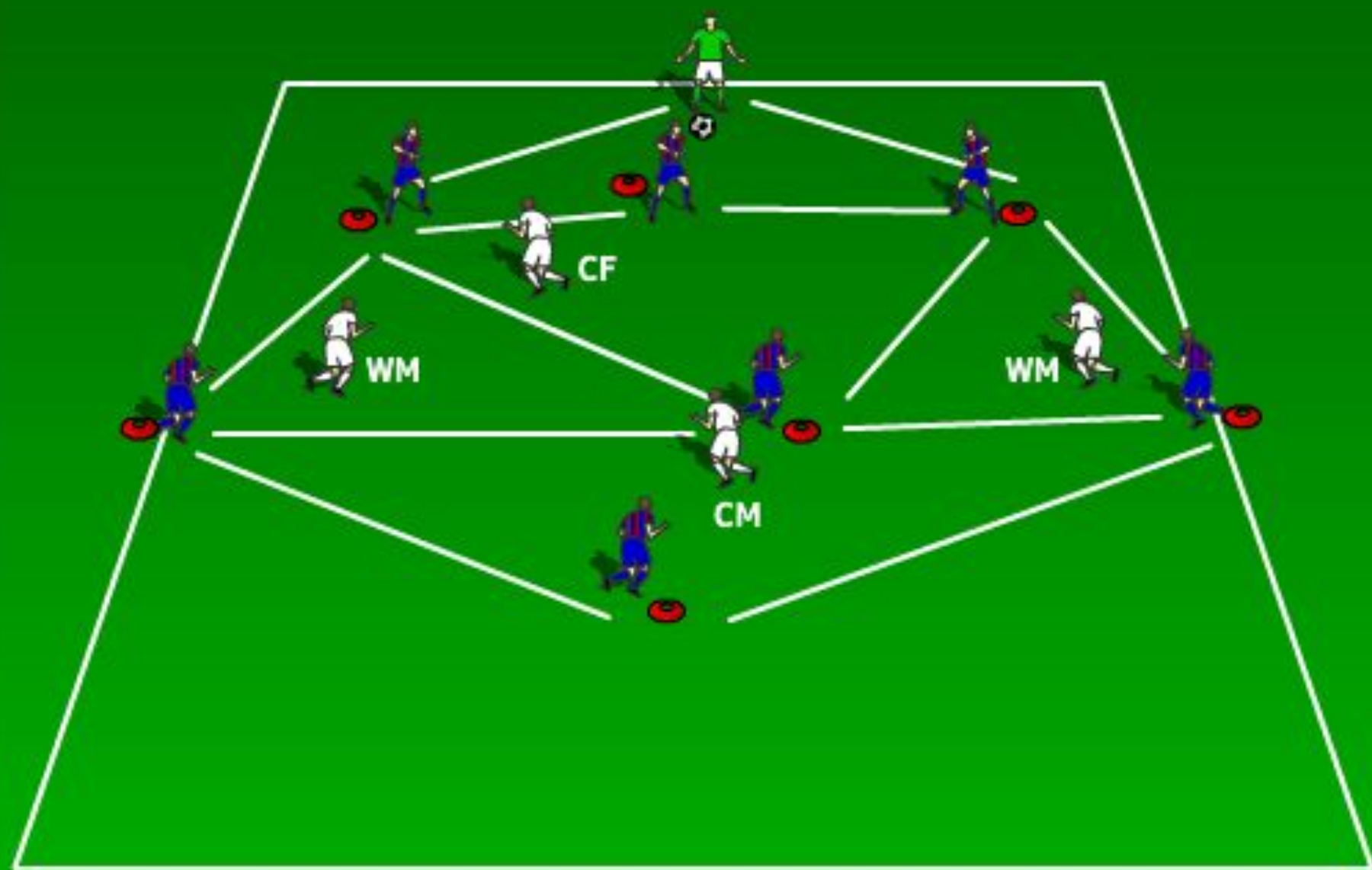
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Positional Rondo in Formation

Whites take up positions in a 4-2-3-1 (without the CF). Stripes defend in a 4-4-2 formation (no back 4). White players must stay at their cone but pass the ball around while stripes press. The movement arrows and position show the areas they are restricted to moving (2 stripes CMs must stay in middle block while WM can push up on FB and CFs can press FB wide also). Lines can't be seen on the pitch but offer guide to how the rondos are split up by section. Cones are all 8 - 10 yards apart.

Progressions:

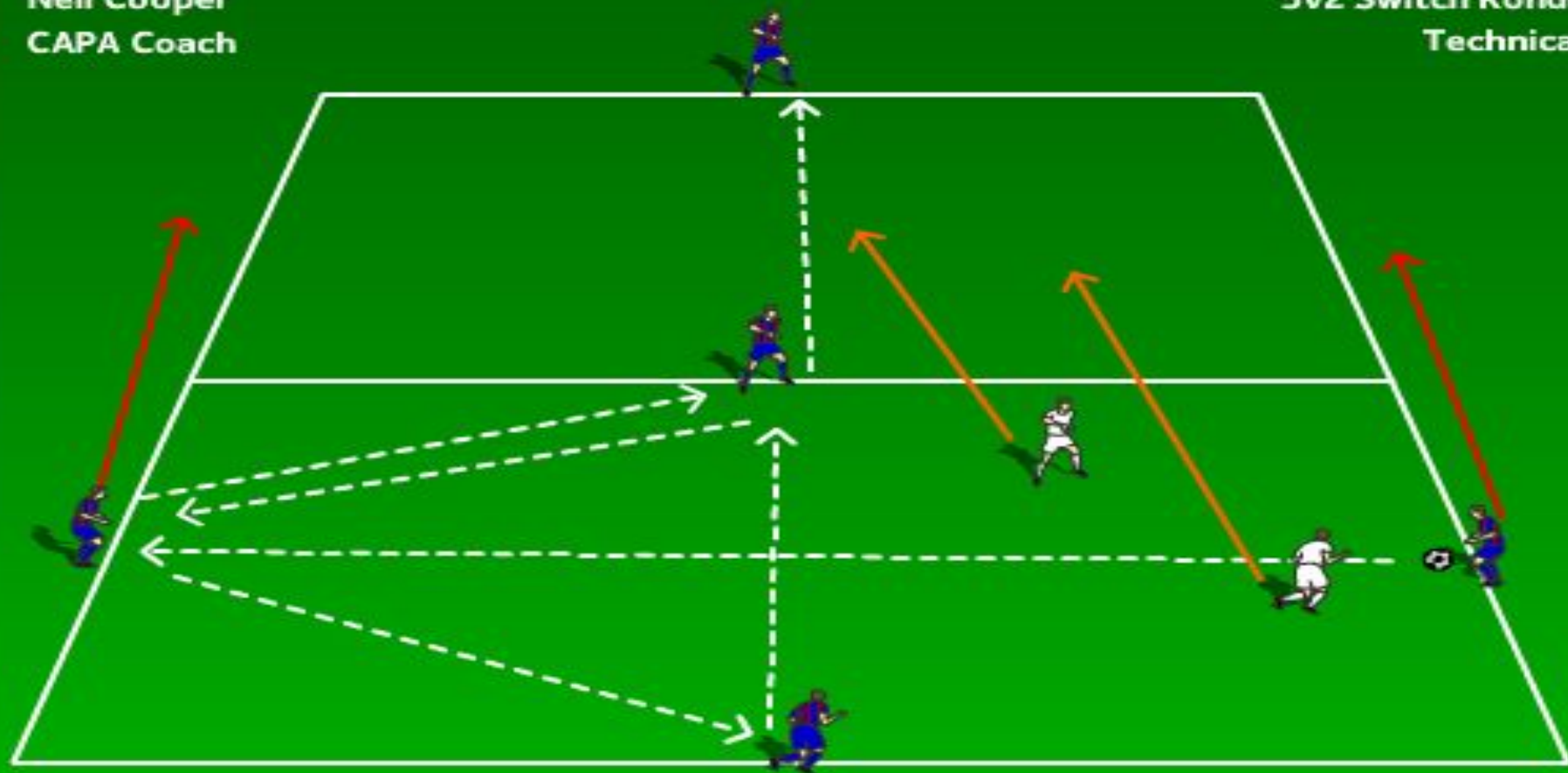
- Change formation of Stripes pressure so as to change numbers within the rondo.
- Add multiple balls to raise player awareness (especially DMs who must be aware of balls to help defence in rondo and attacking players in other direction)



Rondos with Added Movement

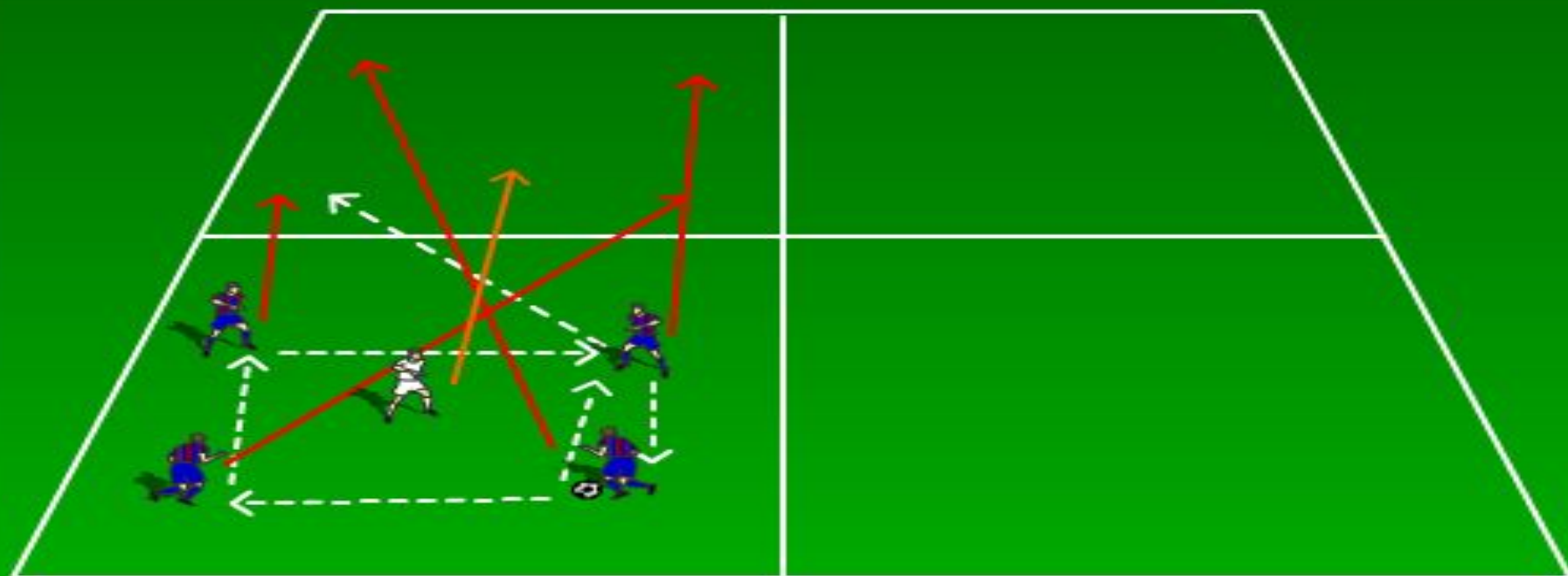
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CAPA Coach

5v2 Switch Rondo
Technical



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Blues set up in the bottom square to play a 4v2 rondo. After 5 successful passes, they switch the ball into the top square. The 2 wide players and the 2 defending players all move to either support or defend in the top square where play continues. If the defenders win the ball, they switch with the players that lost possession of the ball



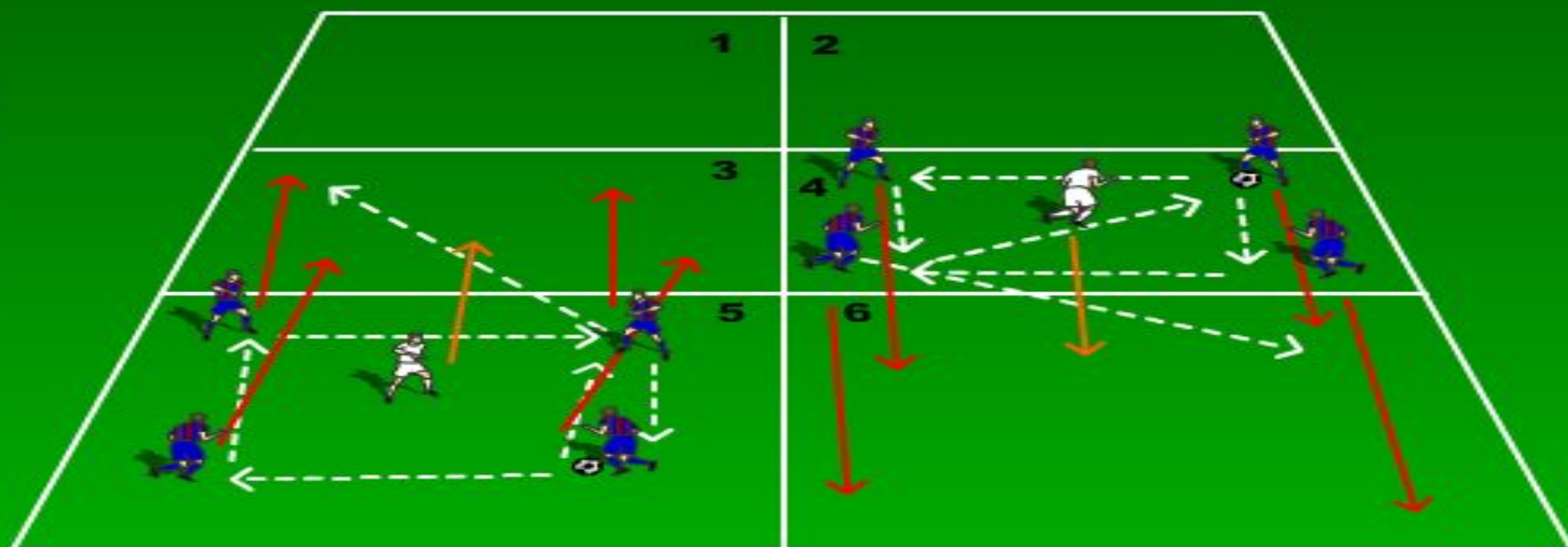
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Moving Rondo

Players play 4v1 in a 8v8 square with 3 other 8v8 squares set up around them as shown. The 4 attackers look to play 5 passes without losing possession to the defender in the middle. When 5 passes have been completed, all the players move to another square as shown while maintaining possession. When the defender wins possession, he changes spot with the attacker that lost possession.

Progressions:

- Play 5v2 or 4v2.
- Larger or Smaller playing area



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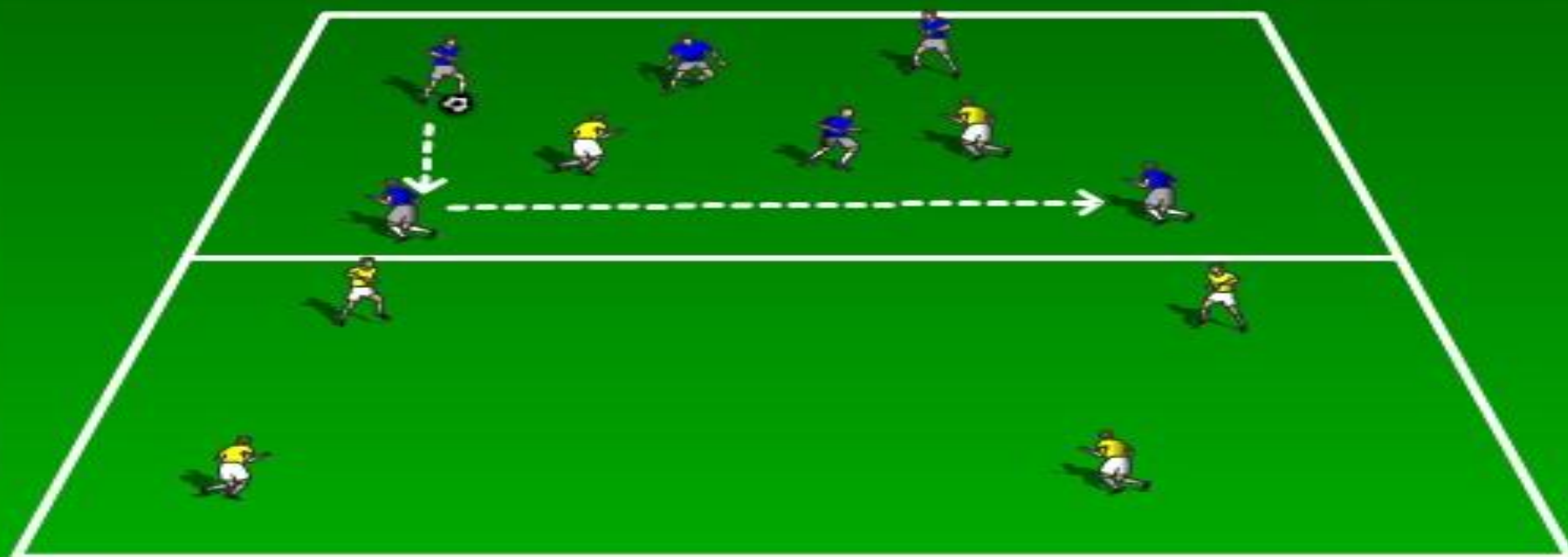
Moving Rondo

Players play 4v1 in a 8v8 square with 5 other 8v8 squares set up around them as shown. In a 2nd of the squares, there is another 4v1 game. The 4 attackers look to play 5 passes without losing possession to the defender in the middle. When 5 passes have been completed, all the players move to another square as shown while maintaining possession. They must not go in the same square as the other group moving. Groups also cannot go back to the square they just left (For example, Moving from Box 4 - Box 6 - Back to Box 4 is not allowed). When the defender wins possession, he changes spot with the attacker that lost possession.

Progressions:

- Play 5v2 or 4v2.
- Larger or Smaller playing area

Transition Rondos



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2 Zone over the border

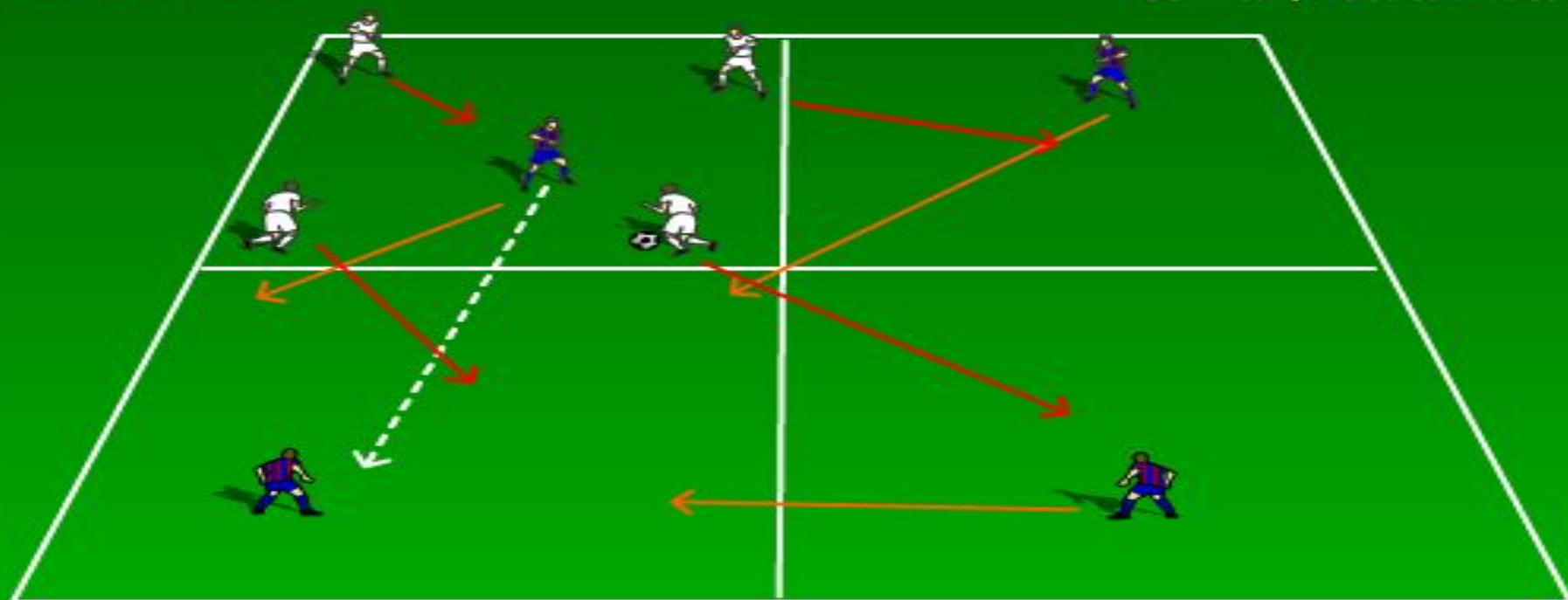
2 teams of 6. Blues begin with possession. They must complete 6 passes in order to score a goal. Yellows send 2 defenders into Blues half to win possession. They must then play back into their own half where the game begins again. Play for 10 minutes and then break.

Coaching Points:

- Get in front of the man that you are receiving the ball from so that they can see you
- Communicate where you are and where you want the ball
- Begin to think 3 or 4 passes before yours and be ready to receive
- Communicate when pressing the ball, Avoid the split and use angles to block off 1 side.

Progressions:

- Limit to 1 or 2 touches
- Increase passes for a goal
- Allow more defenders to press the ball



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4 v 1 Transition Game

Whites keep the ball in the top square, with Blues spread with 1 player in each of the other squares. Blue defender wins the ball and plays an outlet pass to any of his teammates in another square. Blues must transition to that square in order to keep the ball while the whites must transition out so that 1 player is in each square. Whites then play defence and the game continues. Play for 5 minutes then give a break.

Coaching Points:

- Transition quickly either into a support or defensive role
- Possess the ball, playing with one or two touches
- Defenders press the ball to force mistakes from team trying to keep the ball



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4 v 2, 6 v 4

Game begins in the small square in the middle. Blues have possession of the ball and are playing a 4 v 2 game against the reds. When the reds win possession or the ball goes out of the square, play automatically transitions to a 6 v 4 possession game in the larger square with blues defending this time. When blues win possession or ball goes out of play, we return to the middle and the game starts again.

Coaching Points:

- Look for short, short, long passing sequence to switch point of attack away from pressure
- Communicate where you are and where you want the ball
- Begin to think 3 or 4 passes before yours and be ready to receive
- Communicate when pressing the ball, Avoid the split and use angles to try to block off 1 side.

Progressions:

- Limit to 1 or 2 touches
- Make field smaller or larger depending on desired outcomes (large for fitness, small for technique)

Neil Cooper
CAPA Coach

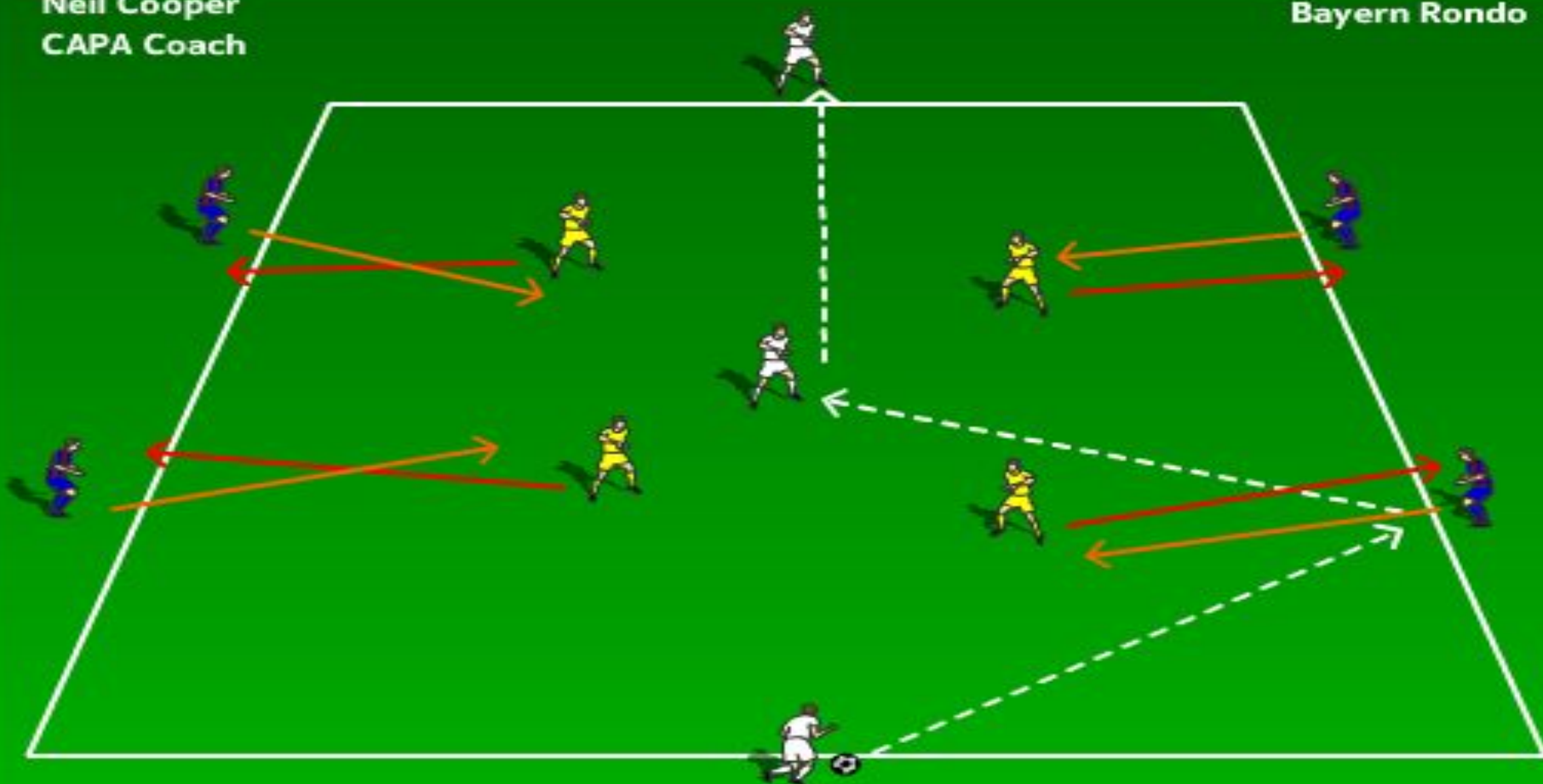
4 v 4 + 4 Rondo



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4 v 4 + 4 Rondo

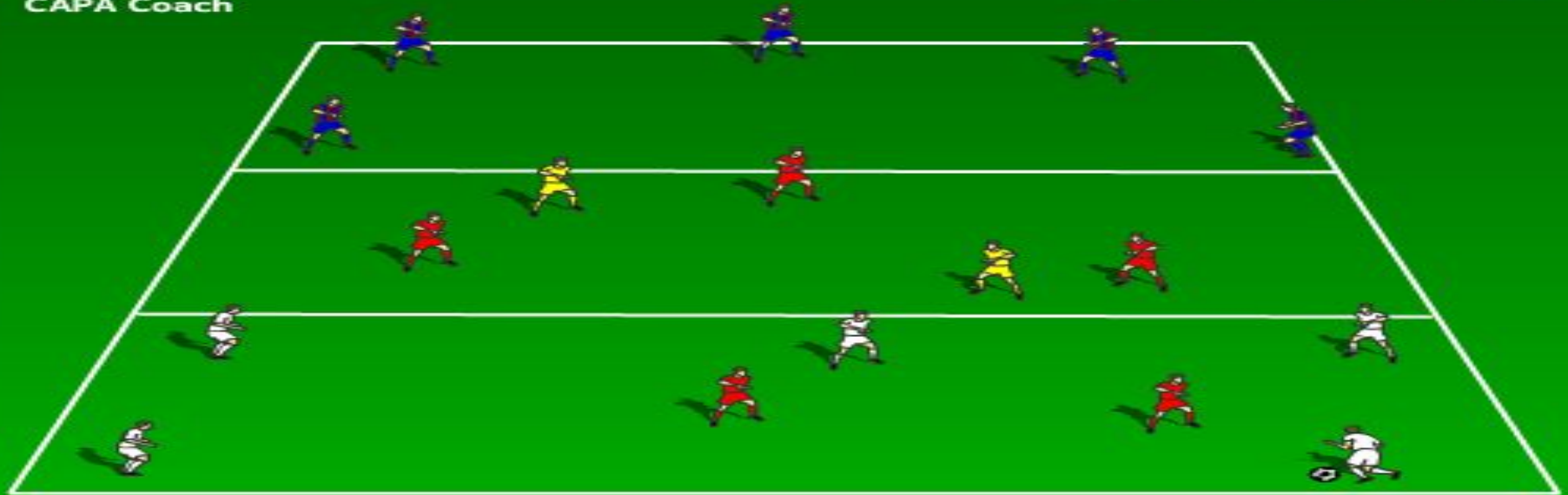
Whites and yellows combine to keep the ball away from the blues creating a 8v4 rondo. Try to complete 6 passes without the blues winning possession in order to score a goal. Play for 2 minutes then change position of teams.



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Bayern Rondo

4 Stripes and 3 whites keep possession of the ball away from the yellows. If yellows win possession, whites stay where they are and yellows quickly transition to the stripes positions and stripes become the defending players inside the rondo



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Over The Border (neutrals)

3 team rondo. Whites possess the ball for 5 passes against 2 defenders and then have to transfer possession to the stripes at the opposite end. If successful, stripes do the same against a different 2 red defenders. If reds win possession against whites OR in middle zone, they take the whites spot on the outside and whites move to the middle as defenders.

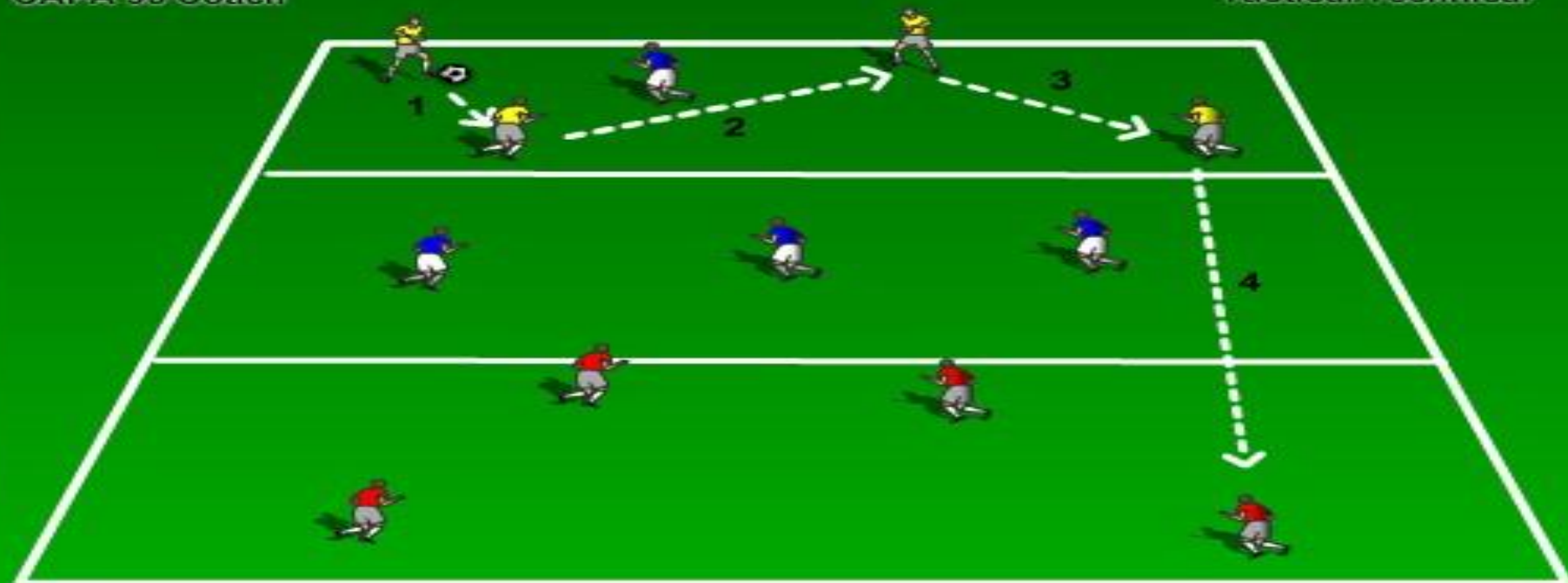
Yellow players are neutrals. For me, these are my #9 and #10. Whites can play to the neutrals in the middle zone in order to play through to stripes or can play directly to stripes.

Coaching Points (#9 and #10)

- Work opposite each other (1 left, 1 right. If 1 moves to ball, other gives depth)
- Keep moving. Look for passing lanes & pockets of space between defenders
- Receive ball on the 1/2 turn to play through quickly.

Progressions

- Allow more defenders
- Allow neutral players to drop in to help maintain possession and dribble across line into middle 1/3



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Over The Border

3 teams of 4 players with the field divided into 3 zones. Yellows start with the ball and blues send 1 player "over the border" to win possession of the ball. Yellows must complete 3 passes and then can play to the red team. If they are successful with this, blues send a different player to pressure the reds and win the ball back. If yellows are unsuccessful, blues take their place in the final zone and yellows move to the middle. Game continues like this for 10 minutes.

Coaching Points:

- Pass the ball when someone is open. Don't wait for pressure.
- Try to play through the middle zone on the floor.
- Think about angles of attack when pressuring. Try to cut off one side of zone

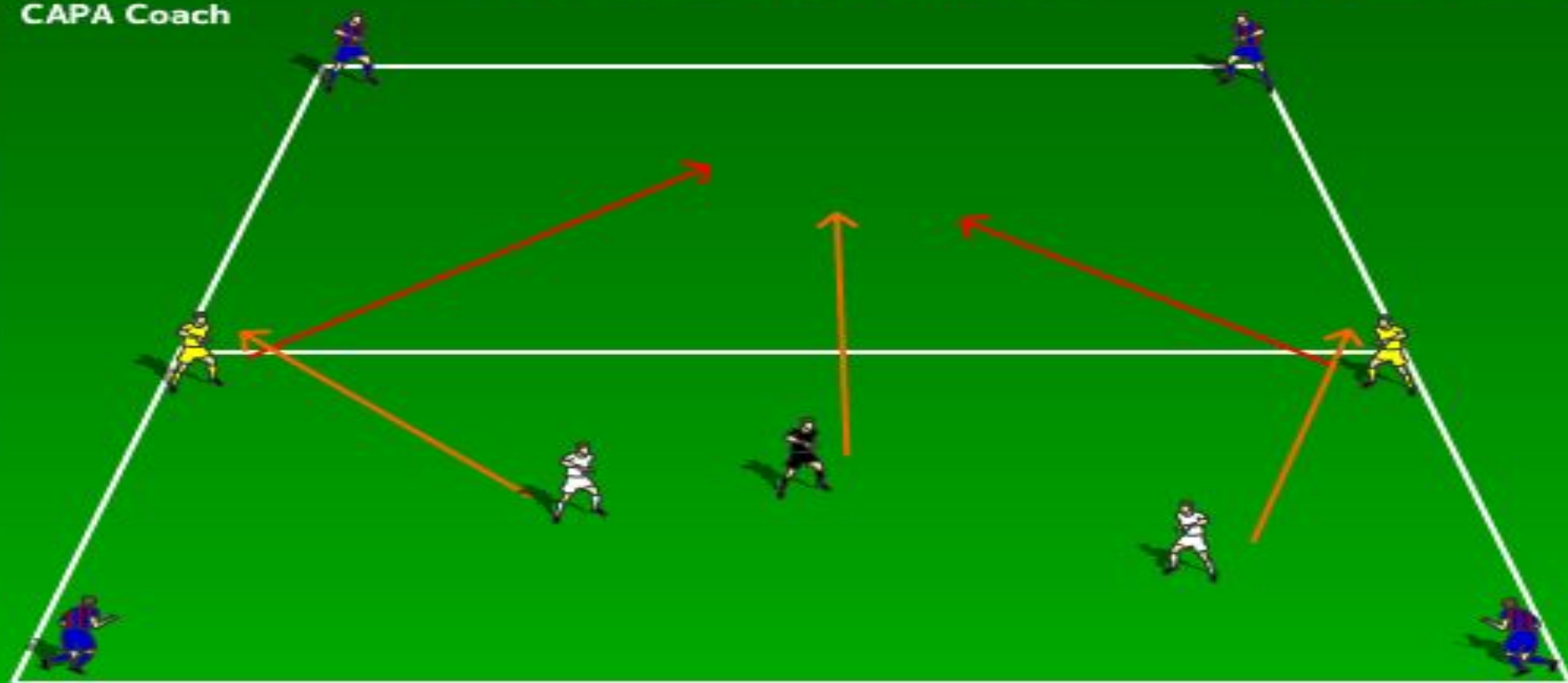
Progressions:

- 1 or 2 touch per player
- 2 players to pressure the ball (4 v 2 in zone)

Neil Cooper
CAPA Coach

NOT MINE!!! SEEN ON TWITTER....

Transition Rondo



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Transition Rondo

2 squares are placed next to each other with Stripes positioned at the outer corners of the squares as shown. They do not move. In bottom half, yellows are positioned on other corners with a black as a neutral player in the middle. 2 whites defend creating a 5v2 rondo. Players complete 5 passes and then transition to top square. When they transition, neutral stays in middle of rondo but the yellows now become defenders and whites position themselves at the middle corners. Repeat continually for 2 minutes then change players positions.

Game Based / Directional Rondos



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3v3 + 2 Midfield Game

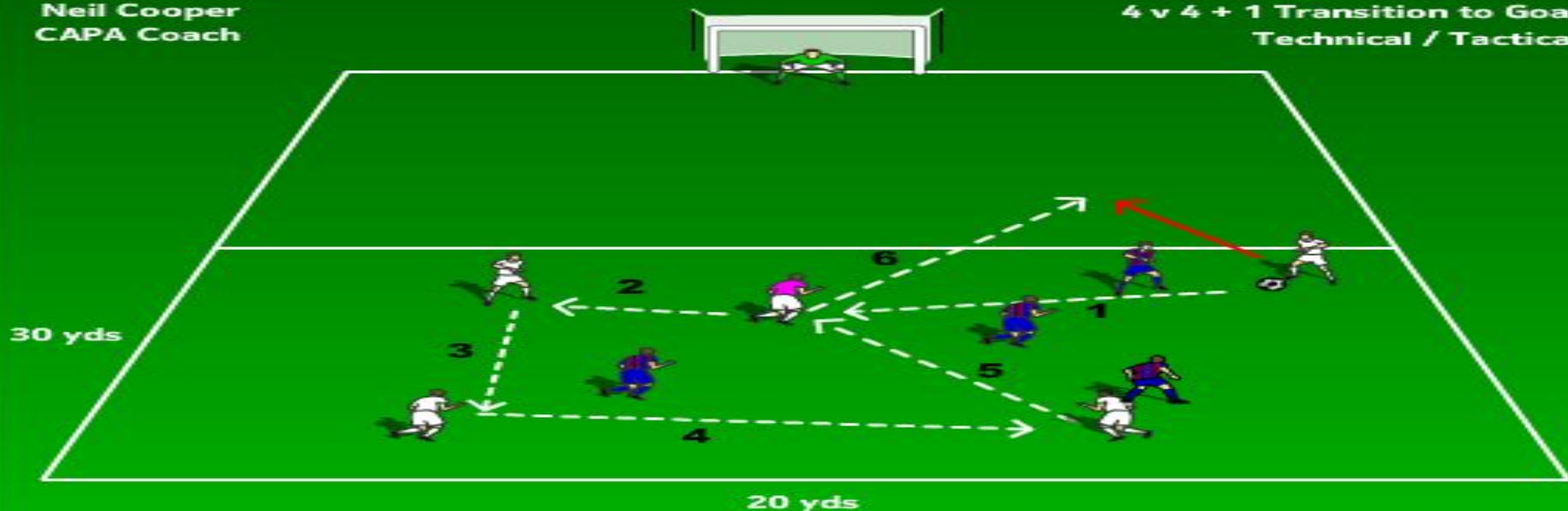
Field is broken down into 1/3s. In the attacking/defending 1/3s, the game is 2v2. In the midfield 1/3, the game is 3v3. Defending players must remain in their zones. Attacking players are allowed to create overloads in each of the 1/3s. In this example, stripes have the ball and are attacking the bottom goal. Because they have the ball they are allowed 1 defender, and 1 attacker to come into the midfield to create a 5v3 overload. If they are able to progress the ball into the attacking 1/3, they are allowed 1 midfielder to join the strikers to make a 3v2 to goal. Rules apply for both teams when transitions/loss of possession occurs.

Coaching Points:

- Look for positions where you can support the ball if you are moving to overload.
- Look to dribble from midfield zone into attacking zone to create 3v2 to goal

Progressions:

- No restrictions of movement
- Add neutral players that can go anywhere



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4 v 4 + 1 Transition to Goal

Whites and Blues each have 4 players and 1 neutral that plays for team in possession. Team in possession must make 5 passes before playing through for a player on their team to go 1v1 on keeper. If blues win possession, they are then on attack and same rules apply. If ball goes out of play, restart where the ball went out. Team that goes 1v1 with keeper gets possession when game restarts.

Coaching Points (Defensive)

- 1st player to pressure must come at angle to cut off one half of the pitch.
- 2nd player providing cover must be close enough that won't allow for a split between them
- 3rd player begins to pressure the ball from the front as 1 and 2 show attacker to certain area of the pitch
- Make play as predictable as possible. Communicate where you want the attacker to go

(Attacking)

- Find passing lanes between defenders
- Play quickly away from pressure
- Look for passes "Against the grain" when defenders positioning is wrong

Progressions:

- Take out neutral player and just play 4v4
- Allow recovering defender for 1 v 1 with keeper.



4v2 - 5v3 Rondo to Goal

This is a positional rondo to help players understand their role in playing through the thirds. The first part is a 4v3 Rondo in the middle third. Players are the 2 DMs (central) and the 2 FBs (wide). 1 DM drops in to receive a pass from the coach (as if getting a ball from the CB) and play is live on his 1st touch. Players must look to play through into the attacking 3rd. They can then send 1 player into the attacking third to create a 5 on 3 in that part of the field. From there, they play to goal.

Progression:

- Add extra defenders
- Remove restrictions re: Player Movement

Neil Cooper
CAPA Coach

5 v 2 Rondo w/ Breakout to Goal



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5 v 2 rondo with Breakout to Goal

Players play a 5 v 2 rondo in between 2 goals. When they complete 5 passes (or on coach's command), one player can break to either goal. They then have 5 seconds to score.



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5 v 5 + 5

3 teams are set up as above. Whites look to possess the ball while the blues play to the End Zones. Yellows are neutrals and play for whichever team has the ball. Whites must complete 6 passes in order to score a goal. Blues must dribble into the EZ to score but must receive a pass from a neutral player before they can dribble in. Neutrals must play with 1 touch. Teams play for 3 minutes and then switch way they score. They play for another 3 minutes before they rotate positions (different team becomes neutrals).

Coaching Points:

- Try to build possession using a short, short, long passing sequence
- Play quickly and away from pressure
- Always try to receive on the half turn to open passing lanes

Progressions:

- Limit touches for ALL players
- Fewer neutral players
- More neutral players



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5v2 to 6v3 Rondo

Play starts with the GK (or could be a CB). Using the 2 FBs (or CBs if it's the GK furthest back), and 2 DMs, they play a 5v2 rondo to build up and play out from the back. After completing a minimum of 4 passes, they can play into the attacking half. If defenders win the ball, they play to goal (big goal if GK, small goals if CB furthest back).

Using the 2 Wingers, CF, AM and 2 DMs (who turn to face the other way), they play a 6v3 rondo where they look to keep possession and complete 5 passes to score a point. If the defenders win the ball, they score a point by passing to one of the their 2 Target players in the opposite half.

End players can move between red cones, wide players between oranges cones and DMs between blue cones.

Coaching Points:

- Be patient when looking to penetrate into the other half. Doesn't have to be 5th pass that plays through if the opportunity to do so is not there
- Move between cones to offer support to player on the ball at all times. Create angles and find passing lanes.
- If you lose possession in attacking half, DMs must "screen" passes through to the Targets on other side while AM (yellow) pressures the ball.

Progressions:

- More defenders in defensive zone (5v3)
- Allow DM to check off line into the middle of the zone but AM must check onto line if he does that (6v2 or 6v3).



5v2, 3v1, 2v1 Progressive Passing

In section 1, Blues play 5v2 against whites. Must keep possession of the ball for 5 passes before playing into Section 2. Whites win ball and score in mini goals. Section 2 is 3v1 and blues must keep possession for 3 passes before playing into Section 3. Whites win ball and score in mini goals at the side. Section 3 is 2v1. Blues must try to score as quickly as possible. Whites win ball and can score in any of the 4 mini goals.

Coaching Points:

- Move the ball quickly limiting the number of touches on the ball
- Play forward/positively as soon as possible.
- Movement off the ball in the next section to create passing angles/lanes

Progression:

- 3v1 in all sections
- 2v1 in all sections



Attacking Rondo

This is a 6v3 rondo using your 6 attacking players, 2 CBs and 3 other "defenders". Players play a 6v3 rondo about 20-25 yards from goal. They complete 4 passes and then AM, RW, LW and CF play against the 2 CBs to goal (DMs and 3 yellow defenders stay in box). If 3 defenders win the ball during the rondo, they try to score in counter goals.



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Attacking Rondo

This is a 6v3 rondo using your 6 attacking players and 3 other "defenders". Players play a 6v3 rondo about 20-25 yards from goal. They complete 4 passes and then all players play to goal. Once the rondo is complete, any player can move anywhere. If defenders win the ball at any point, they counter to the goals just past half way line.

Coaching Points:

- Use attacking FBs to provide width with DMs sitting deep to cover for them
- Wingers, AM and CF stay inside to be able to combine



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Attacking Rondo 3

Play begins with a 6v3 rondo in the middle of the field. 6 attacking players are 1 CB, 2 DMs, 3 AMs. 3 defenders are the midfield triangle of the opposition. Stripes must possess for 5 passes before attacking the goal. Once 5th pass is complete, any player can go anywhere on the field. If yellows win the ball at any time, they counter to the target goals beyond the half way line.

Coaching Points

- Try to play high to #11, #10 or #7 on the 4th or 5th pass.
- If 5th pass is deep (with #4 or #6), options become pass high or wide to supporting FBs.
- Play forward when possible
- Combine quickly w/ 1 or 2 touches
- #10 should receive the ball ahead of 2 defenders but as deep as possible in the square to draw CB out of position.

Progression

- When play reaches #10, game becomes "live" even if it's not the 5th pass.

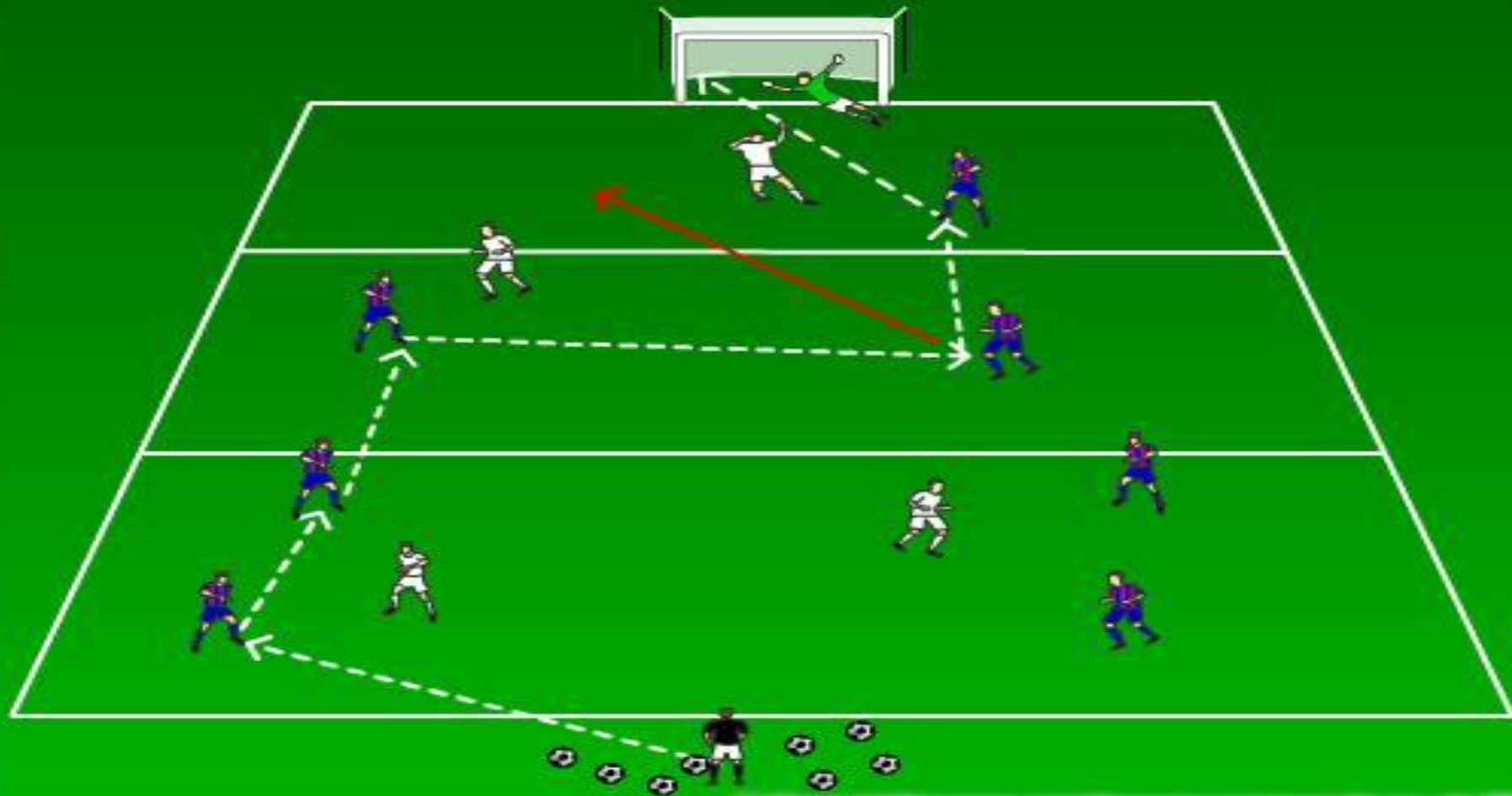


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Play starts with Blues playing a square ball in safe zone. Pass 2 brings the ball into midfield where Blues have a 3v2. Blues must play through the other end. When Blue Target receives the ball, they must play square BEFORE they can play back into the midfield. Whites look to steal the ball and score in the side goals. 3 goals and new defenders go in middle.

- Move off the ball to create space for teammates
- Interchange positions so as create room for splits and passes to 3rd man runners
- Targets should let movement develop and not always play to man making a run. Let them take defender away and then pass to open space

- Limit touches of target players
- Limit touches for all attacking players



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Play starts when the coach passes the ball into the first zone. Players pass the ball into the middle zone with the two midfielders who play the ball to the attacker who is in a 1v1 situation. The midfielder who passed the ball from the middle zone can support the attacker to create a 2v1 situation. Once the ball has been transferred to the middle zone, the coach plays another ball into the first zone, players in this zone have to maintain possession until the first phase of play is over and can then transfer the ball to the midfielders



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Transition to Counter

In the centre circle, yellows play a 4 v 2 against the blues. Yellows try to keep possession for as long as possible. When they lose possession, blues launch a 5 v 3 counter attack to goal. They have 10 seconds to attack goal and score.

Coaching Points:

- Make decisions as quickly as possible and be decisive with them.
- Forwards must make positive runs to open space for each other and give midfielders options
- Look for through balls for forwards

Progressions:

- Add in more defenders to make numbers even
- Move possession game (and thus counter attack) further away from goal
- Allow less time to attack goal
-



Coach passes to either FB or CB to start the rondo. Whites can press the ball once CB or FB has touched it. Players complete 4 passes before they are allowed to play out of the rondo and to goal. Once the ball leaves the rondo, there is no restriction to play or player movement. Whites can play to target goals if the win possession at any time. Can mirror to work on building play on the left also.

- Look to create support and find passing lanes for the player in possession during the rondo.

- Look to switch point of attack when # of passes complete within the rondo
- If ball ends up with RW, can they combine with AM, CF or FB to create an opportunity to cross the ball.

- Add FB on opposite side for stripes.
- Allow Whites DM to join the rondo if ball is passed to stripes AM at any time
- Allow Whites FB to join the rondo if ball is passed to stripes RW at any time



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Wide Passing Rondo

Teams set up in positions above:

Stripes - 2 CBs, 2 FBs and DM

Yellows - 2 DMs, 2 Wingers, 1 AM or CF

Stripes play 5v2 rondo and look to complete 5 passes. After the 5th pass, they must play the ball down to the yellows. They have 2 options; down the line from FBs to Wingers, or if possible, between the 3 white defenders to the DMs. Team scores 1 point each time they switch box but ball must be below waist height to score. White defenders rotate when ball is switched. Play for 3 minutes then teams change places.

Progressions:

- Allow another defender into the rondo (5v3)
- No restriction on point scoring (doesn't need to be below waist height)
- Have defending team defend for more or less time.