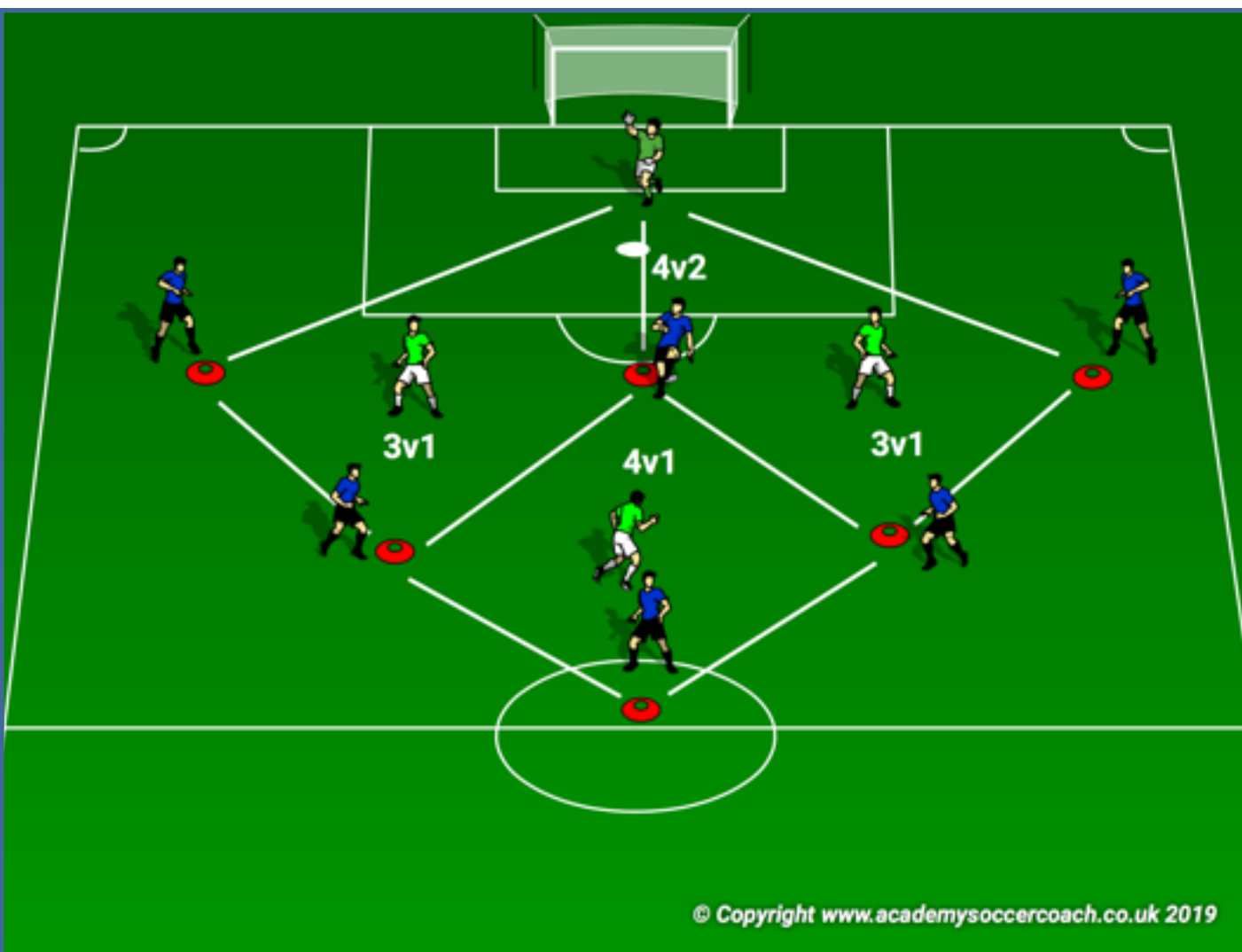


POSITIONAL RONDOS IN FORMATION

RONDO is generally used to help teach players good habits and movements while in **POSSESSION**. Players set-up in specific **FORMATION** with aspects to age level. Players in **FORMATION** must stay on their marker while **PASSING** the ball around trying to keep away from **DEFENDER** press. **DEFENDERS** are free to move. Players in **POSSESSION** move the ball creating overloads, i.e., **2v1's** - **4v2's**

Progressions:

- Change **FORMATIONS**.
- Gradually add more **DEFENDERS**
- Add multiple balls to raise player awareness.





Possession Activities

Why Possession or Rondo?

"Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven't got the ball, how to play 'one touch' soccer, how to counteract the tight marking and how to win the ball back." - Johan Cruyff

Benefits:

- Team Collaboration and Positional Play
- Technical Abilities - Directional First Touch, One Touch Play, Decision Making, and Creativity
- Tactical Pressure, Speed of Play, and Conditioning

Terms to consider:

- **First Touch** - Ability of player to self-pass
- **Angles** - Ability of player to create space to receive pass
- **1 Touch Pass** - Ability to pass ball first time



POSITIONAL RONDOS IN FORMATION

7v7

Formations



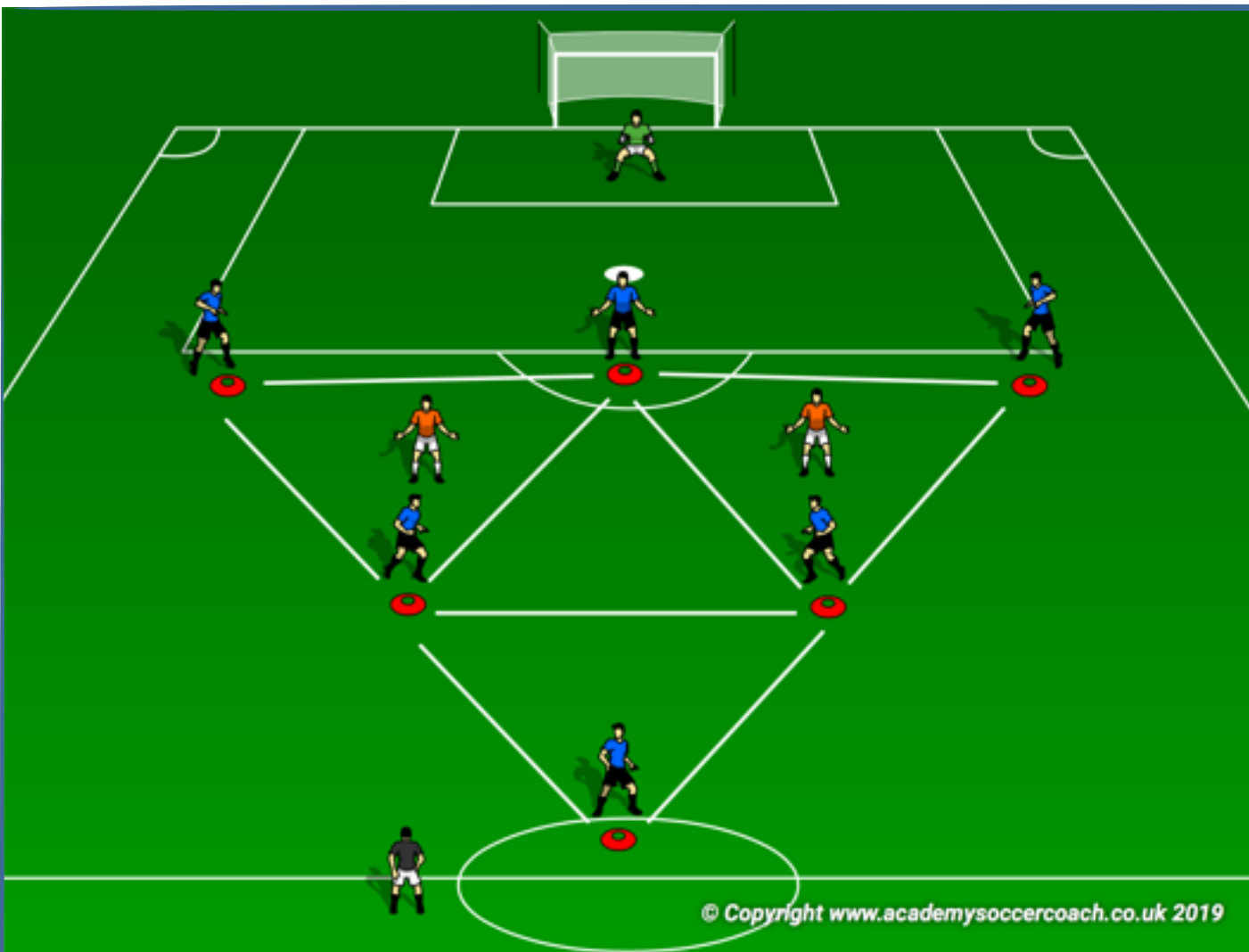
POSITIONAL RONDO IN FORMATION

Positional 7v2 Rondo in 7v7 Formation 1-3-2-1

Place markers 10-20 yards apart. Players are set-up on their marker in 1-3-2-1 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**, OR they can try to score on goal.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



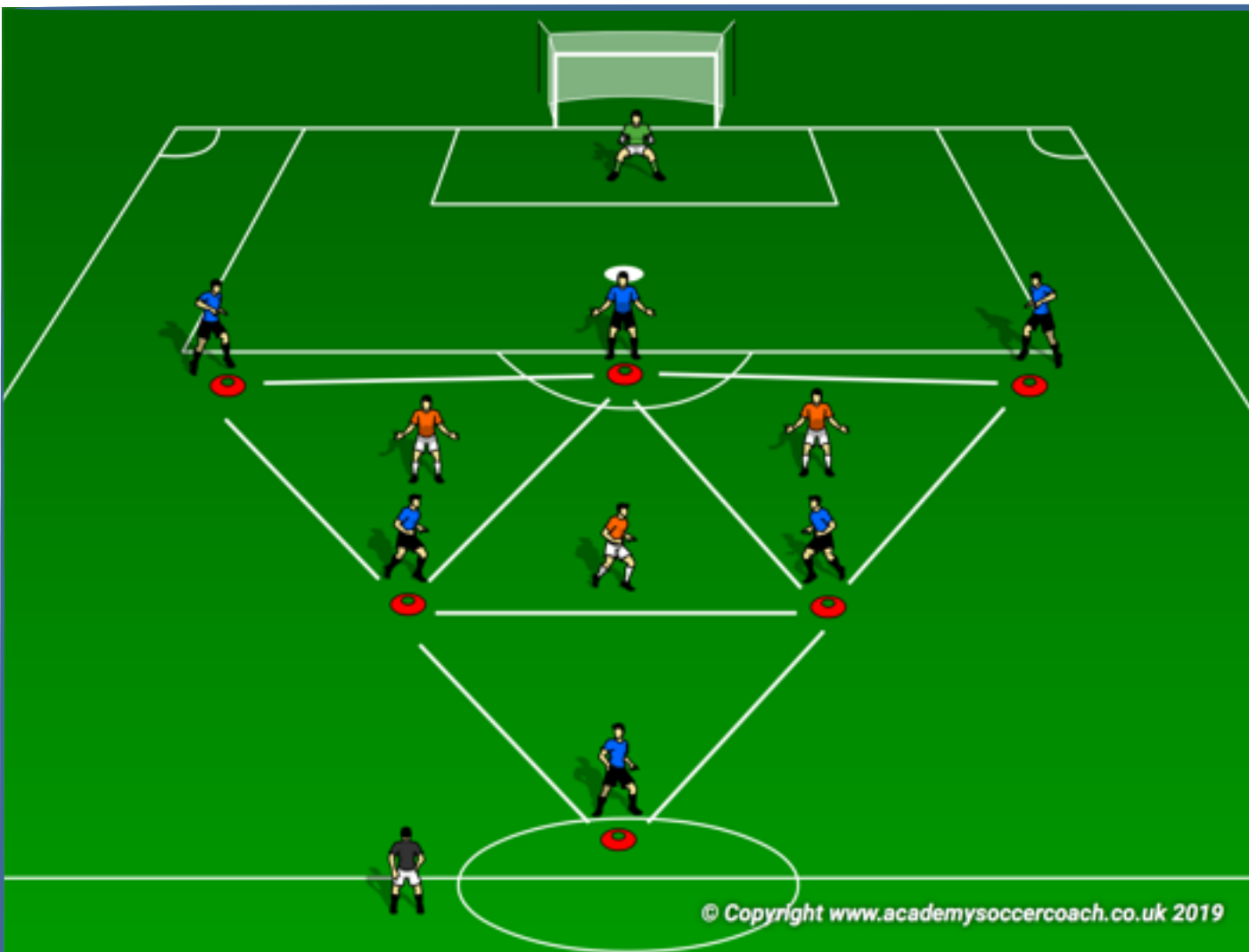
POSITIONAL RONDO IN FORMATION

Positional 7v3 Rondo in 7v7 Formation 1-3-2-1

Place markers 10-20 yards apart. Players are set-up on their marker in 1-3-2-1 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**, OR they can try to score on goal.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



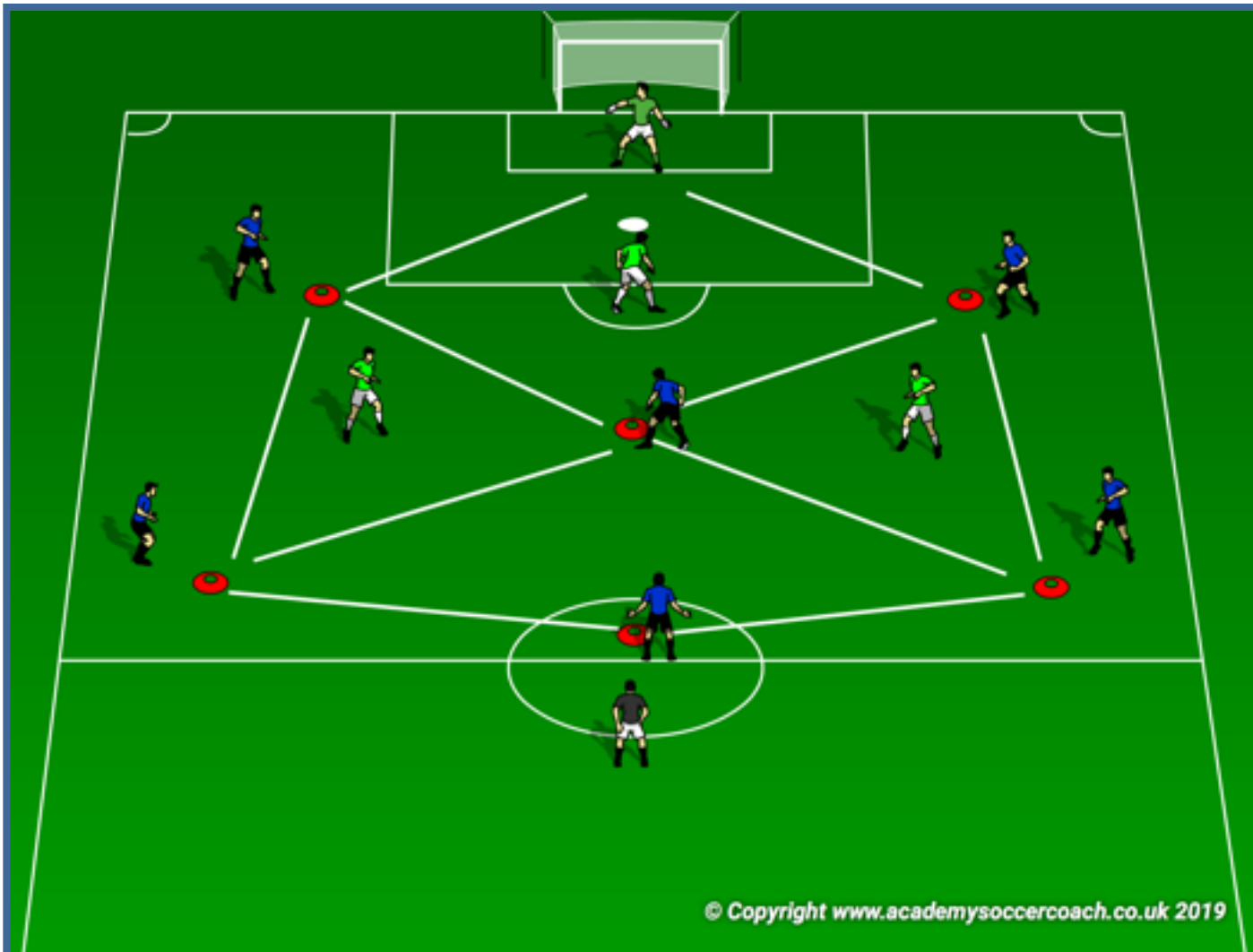
POSITIONAL RONDO IN FORMATION

Positional 7v3 Rondo in 7v7 Formation 1-2-3-1

Place markers 10-20 yards apart. Players are set-up on their marker in 1-2-3-1 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



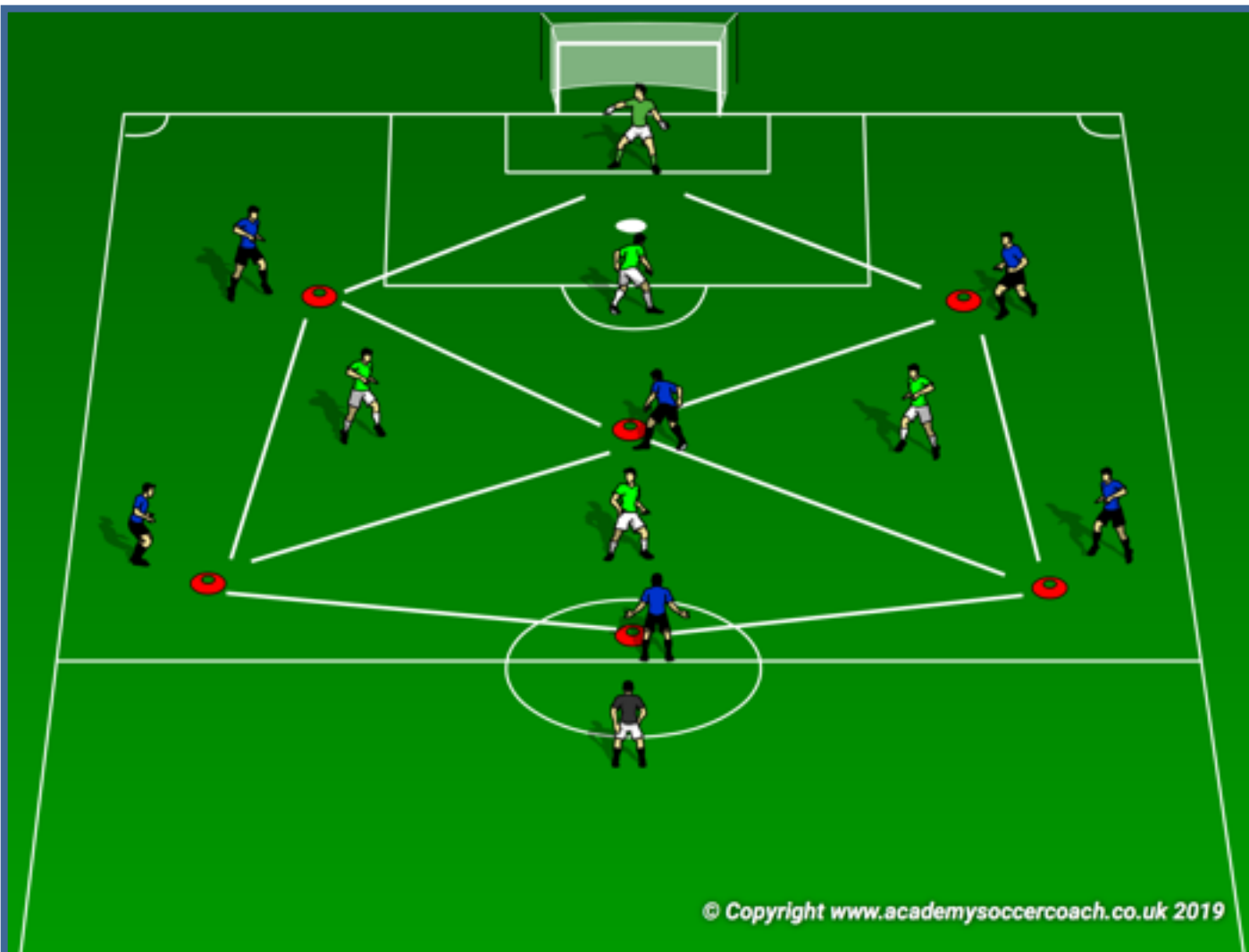
POSITIONAL RONDO IN FORMATION

Positional 7v4 Rondo in 7v7 Formation 1-2-3-1

Place markers 10-20 yards apart. Players are set-up on their marker in 1-2-3-1 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



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POSITIONAL RONDOS IN FORMATION

9v9

Formations



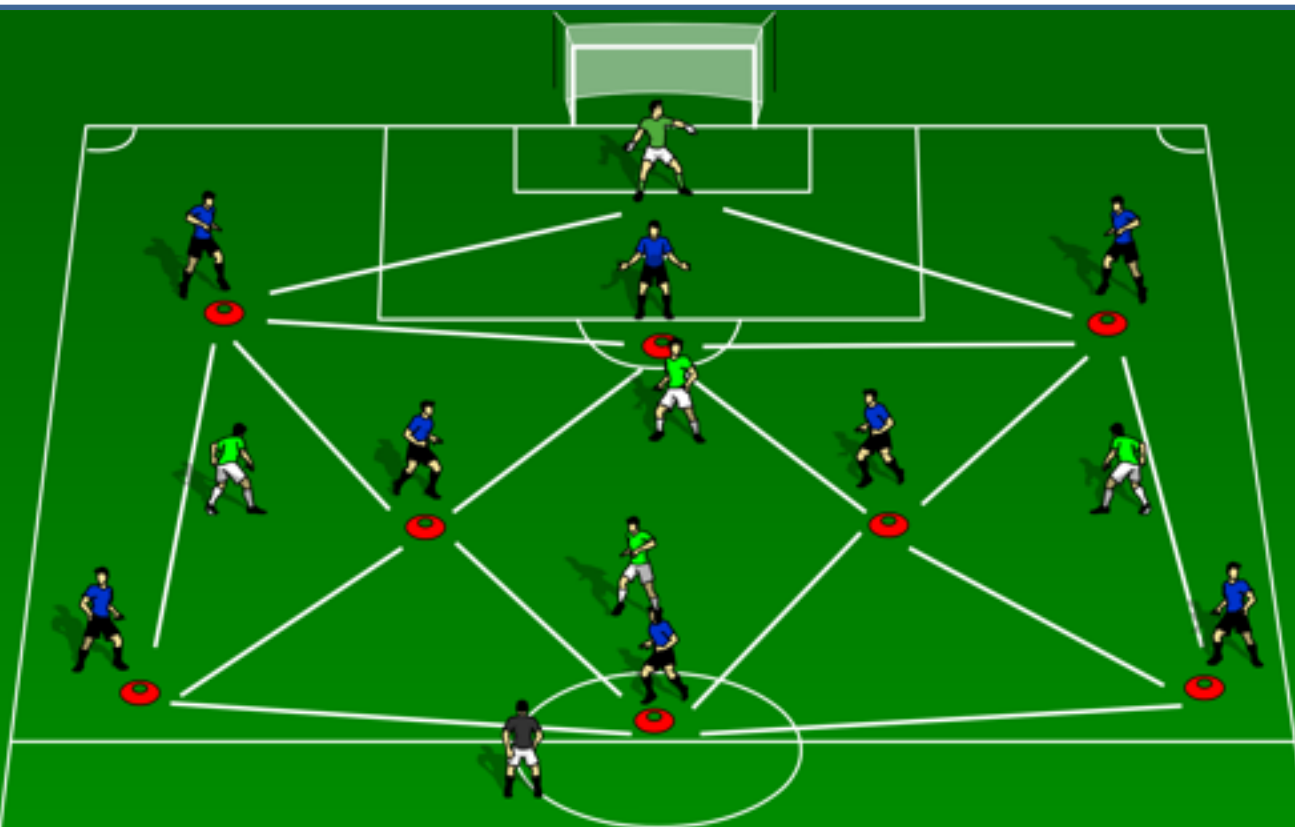
POSITIONAL RONDO IN FORMATION

Positional 9v4 Rondo in 9v9 Formation 1-3-2-3

Place markers 10-20 yards apart. Players are set-up on their marker in 1-3-2-3 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



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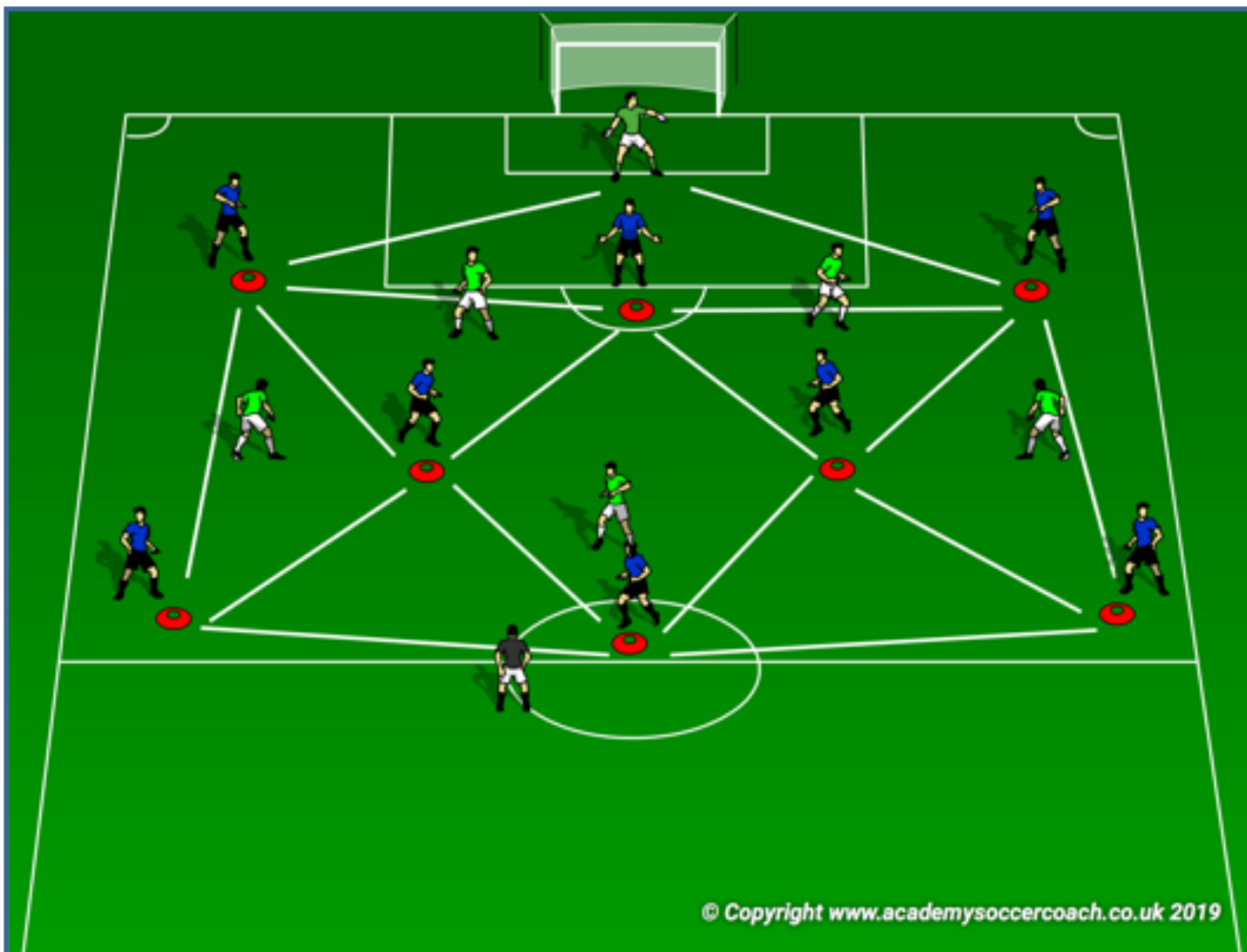
POSITIONAL RONDO IN FORMATION

Positional 9v5 Rondo in 9v9 Formation 1-3-2-3

Place markers 10-20 yards apart. Players are set-up on their marker in 1-3-2-3 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



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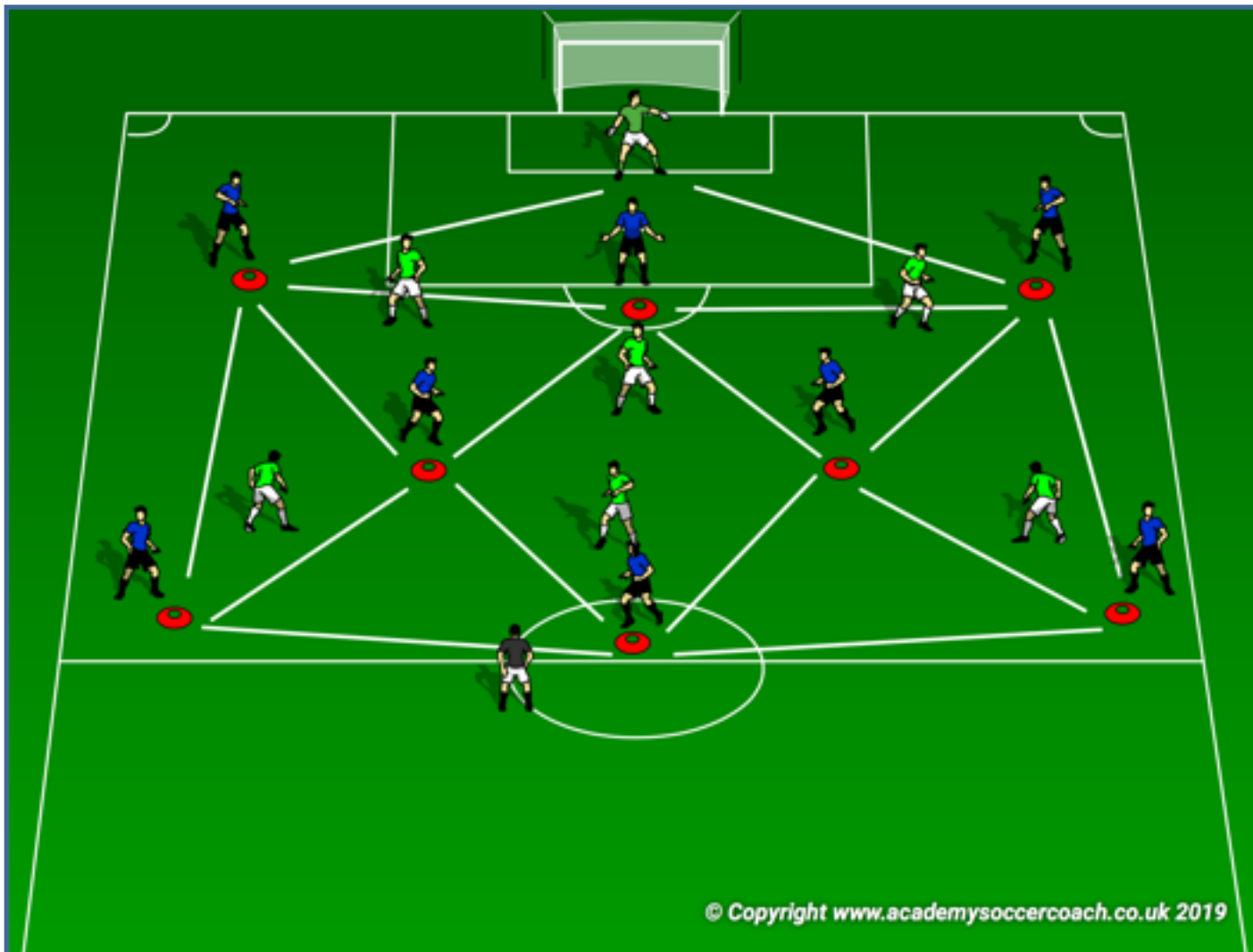
POSITIONAL RONDO IN FORMATION

Positional 9v6 Rondo in 9v9 Formation 1-3-2-3

Place markers 10-20 yards apart. Players are set-up on their marker in 1-3-2-3 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.





POSITIONAL RONDOS IN FORMATION

11v11

Formations



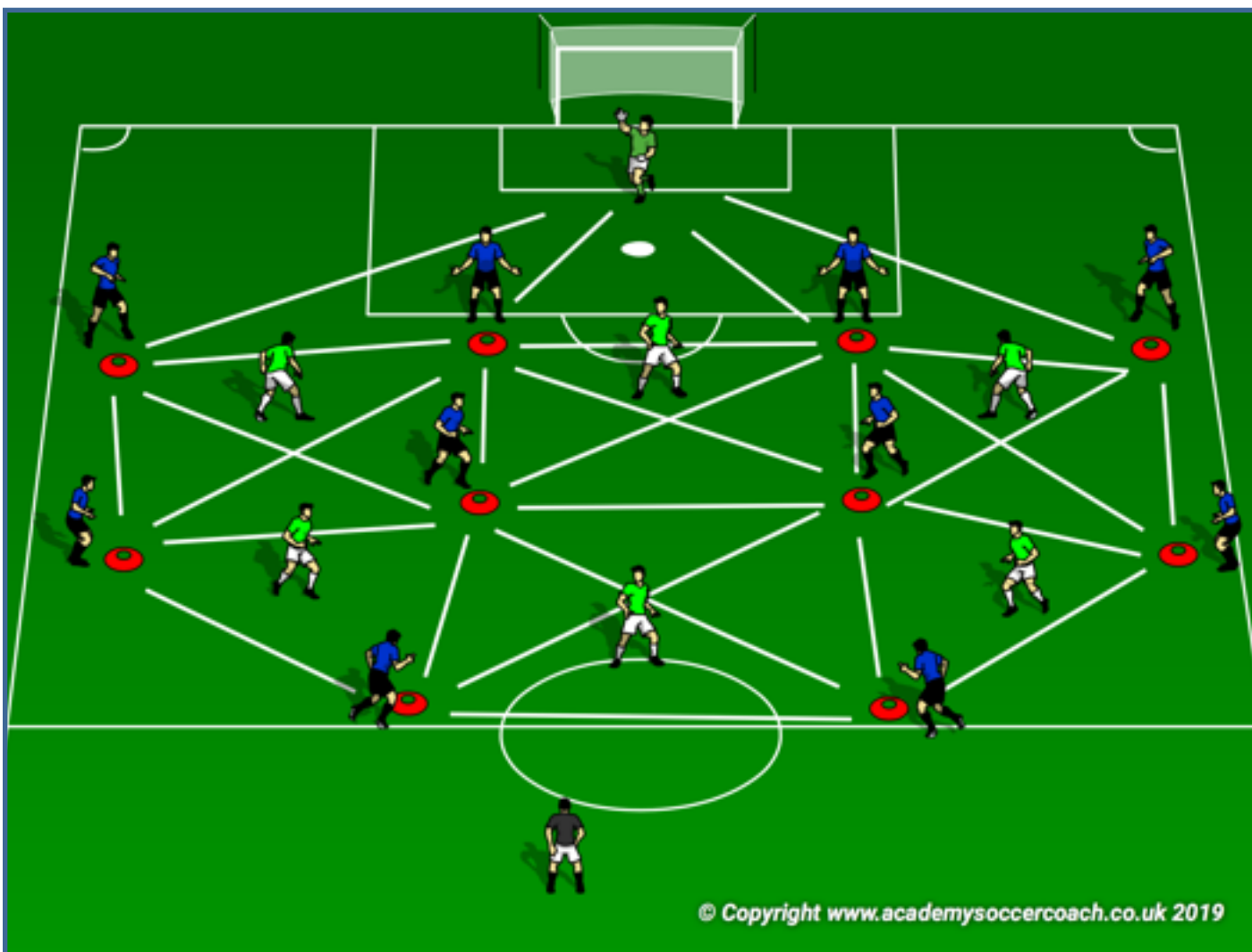
POSITIONAL RONDO IN FORMATION

Positional 11v6 Rondo in 11v11 Formation 1-4-4-2

Place markers 10-20 yards apart. Players are set-up on their marker in 1-4-4-2 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.



POSITIONAL RONDO IN FORMATION

Positional 11v7 Rondo in 11v11 Formation 1-4-4-2

Place markers 10-20 yards apart. Players are set-up on their marker in 1-4-4-2 Formation. Players must stay on their marker and keep the ball away from **DEFENDER** press. Encourage 1-2 Touch **PASSING**. If **DEFENDER** recovers ball they too try to keep **POSSESSION**.

Coaching Points:

- Keep the ball moving!
- Don't wait for pressure, **PASS** to open players.
- Encourage proper body position to be ready to **RECEIVE** and **PASS**.

