

Rondo Decisions

This fun rondo game has everything your team needs for a good pre-season workout. It offers plenty of movement for your players and sharpens their control and technique too

WHY USE IT

This covers all the elements of a good pre-season workout: technique through passing, movement and control, plenty of tactics to move and keep the ball from defenders, plus it also takes lots of teamwork and communication to move between the squares.

SET UP

Set up an area of 30x30 yards split into 15x15-yard quarters. We've used 14 players and you need bibs, balls and cones.

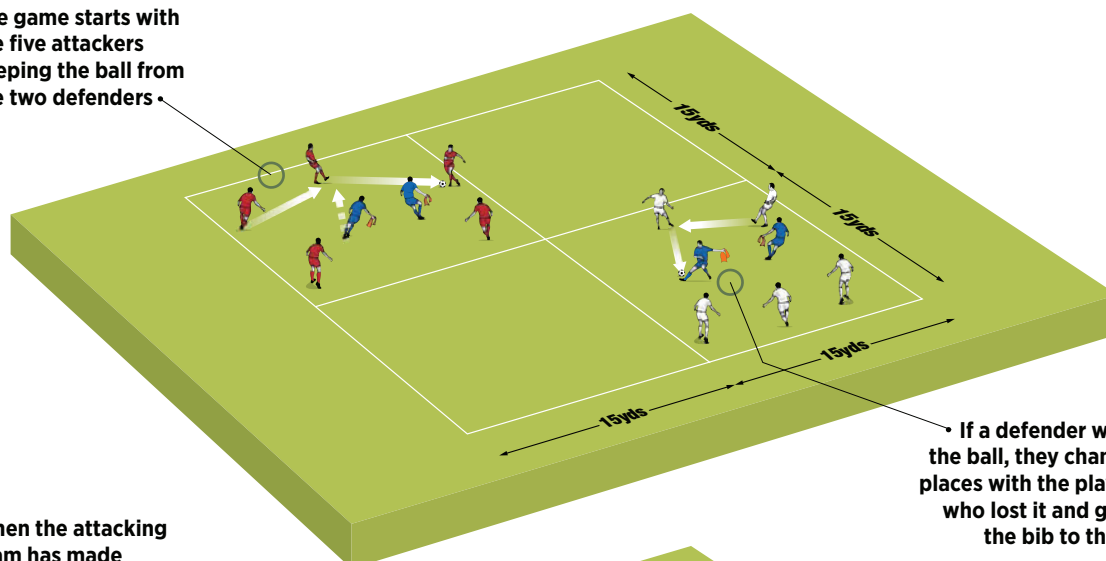
HOW TO PLAY

You need to split your squad into two groups of seven and start playing two basic 5v2 games in opposite boxes. The two defenders in each group have to carry bibs and after winning the ball they swap places with the player who lost it, giving the bib to that player. After three successful passes, the team has to move into a box not occupied by another set of players. That means each team is moving into different sectors as they try to keep the ball from defenders. Start with two touches but try to get them to use one touch as much as possible. If they are having trouble, make it 6v1 so they get more success.

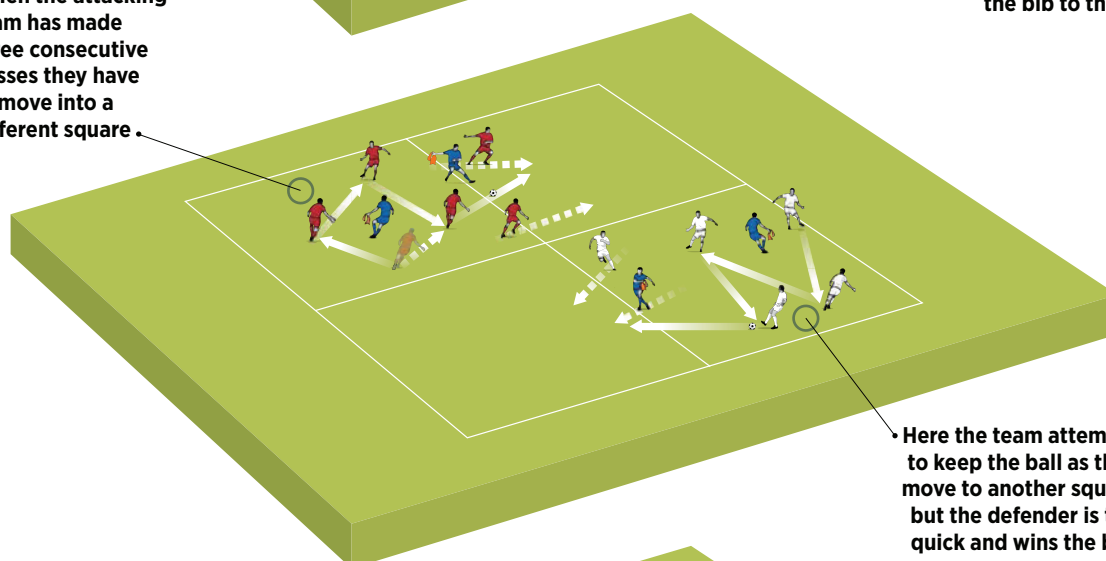
TECHNIQUE

This game has all the elements of rondo, but adds another decision into the equation, making it a good test of tactics as well as technique

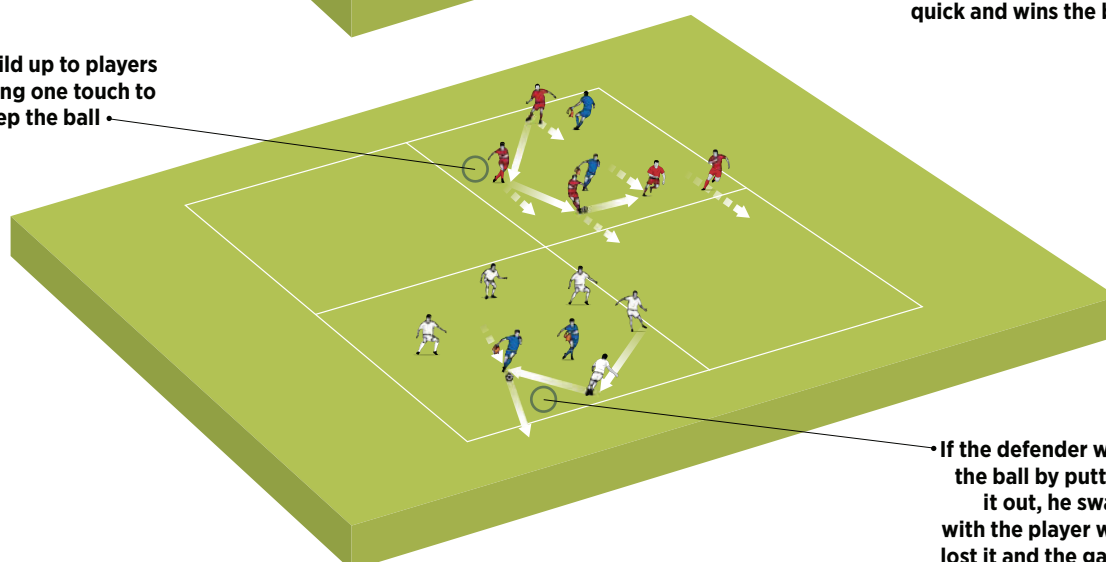
The game starts with the five attackers keeping the ball from the two defenders



When the attacking team has made three consecutive passes they have to move into a different square



Build up to players using one touch to keep the ball



Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →

Rondo Win The Ball

This is a rondo game set in a more match-like situation and it will help to get your players sharp and fit for the start of the new season

WHY USE IT

This uses all the elements of pre-season training: passing, communication, movement, control, and with the progression comes a tactical challenge. Players need to concentrate and react quickly, so it helps with general fitness too.

SET UP

Set up a 30x30-yard area split into two 15x30-yard zones. We've used 10 players plus the coach as a server.

HOW TO PLAY

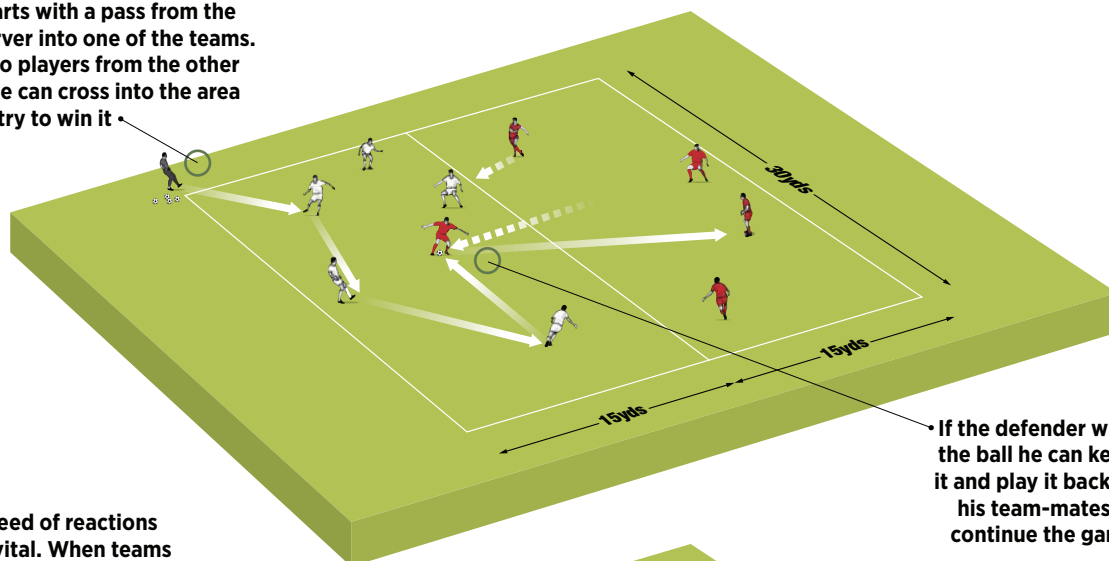
Split your squad into two teams of five. Give a ball to one team and allow the other team to send two players into the opposition half to get it back. If they win it they can play it back to team-mates, but with two players in the wrong half they must react quickly or the team that lost it could chase it quicker. The game is one touch and continuous.

Progress the game by giving both teams a ball. The winner is the team that can capture the other team's ball while keeping their own. In the progression, teams can send up to three players into the other half to win the ball, but that only leaves two players to look after their own ball. If it goes out of play a new ball is played into the opposite team.

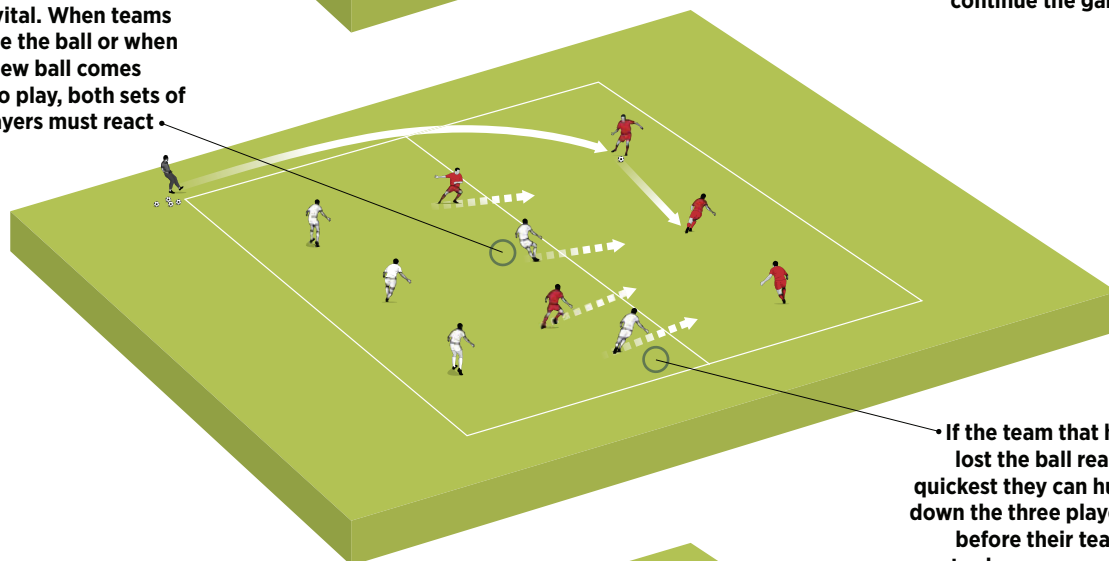
TECHNIQUE

In the progression the emphasis is on fun, which is achieved using technique, tactics and communication.

Starts with a pass from the server into one of the teams. Two players from the other side can cross into the area to try to win it.

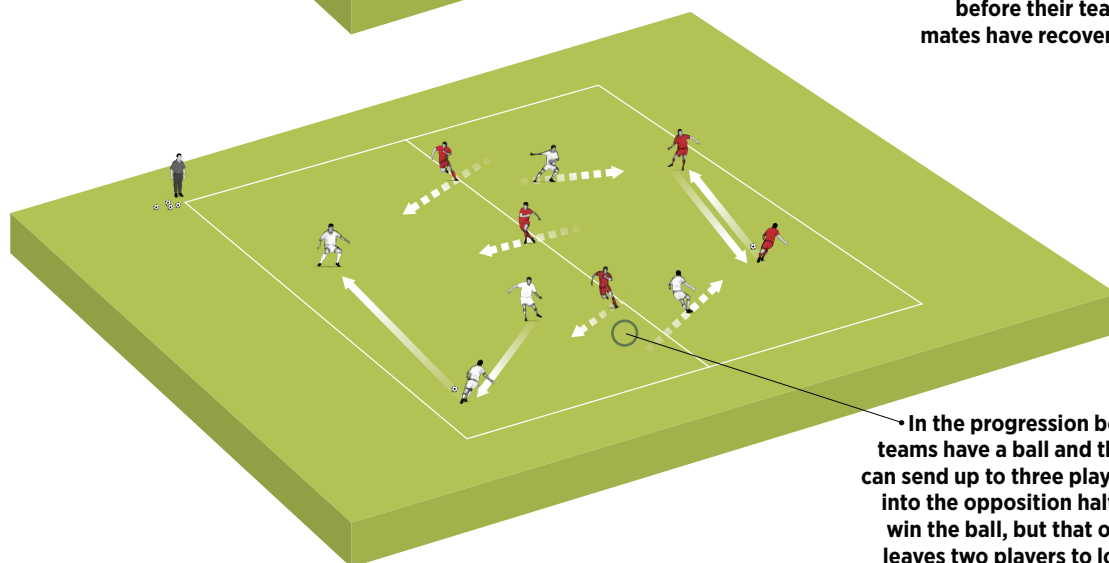


Speed of reactions is vital. When teams lose the ball or when a new ball comes into play, both sets of players must react.



If the defender wins the ball he can keep it and play it back to his team-mates to continue the game.

If the team that has lost the ball reacts quickest they can hunt down the three players before their team-mates have recovered.



In the progression both teams have a ball and they can send up to three players into the opposition half to win the ball, but that only leaves two players to look after their own ball.

Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →