

IT'S ALL ABOUT RONDOS

RONDOS ARE IDEAL FOR IMPROVING TOUCH, DECISION MAKING AND CAN BE USED TO INTRODUCE TACTICAL ELEMENTS OF THE GAME.

SPACE AND NUMBER OF PLAYERS CAN VARY, BUT THE BASIC CONCEPT IS FOR PLAYERS IN POSSESSION TO HAVE A NUMERICAL ADVANTAGE (OVERLOAD) AND TO 'KEEP THE BALL' AWAY FROM THE DEFENDERS WHO ARE 'IN THE MIDDLE.'

RONDOS PROMOTE:

- QUICK DECISIONS (1 TOUCH / 2 TOUCH)
- SHORT PASSING
- MAINTAINING POSSESSION
- THE IMPORTANCE OF OVERLOADS
- GOOD TOUCH

“ SOME YOUTH ACADEMIES WORRY ABOUT WINNING, WE WORRY ABOUT EDUCATION. YOU SEE A KID WHO LIFTS HIS HEAD UP, WHO PLAYS THE PASS FIRST TIME, PUM, AND YOU THINK, 'YEP, HE'LL DO.' BRING HIM IN, COACH HIM. OUR MODEL WAS IMPOSED BY CRUYFF; IT'S AN AJAX MODEL.

IT'S ALL ABOUT RONDOS.

RONDO, RONDO, RONDO. EVERY. SINGLE. DAY. IT'S THE BEST EXERCISE THERE IS. **YOU LEARN RESPONSIBILITY AND NOT TO LOSE THE BALL.** IF YOU LOSE THE BALL, YOU GO IN THE MIDDLE. PUM-PUM-PUM-PUM, ALWAYS ONE TOUCH. IF YOU GO IN THE MIDDLE, IT'S HUMILIATING, THE REST APPLAUD AND LAUGH AT YOU.

XAVI



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WARM UP GAMES



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RONDOS CAN BE CONSIDERED AS 'WARM UP' ACTIVITIES BY SOME COACHES.

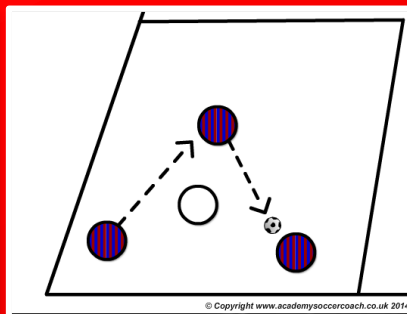
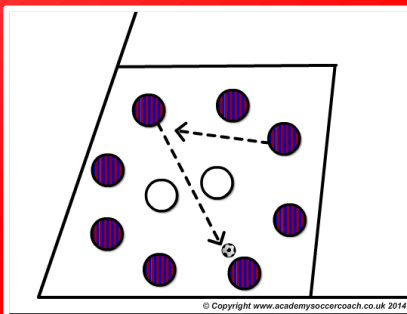
RONDOS ARE A GREAT SOCIAL GAME TO GET PLAYERS TO COMMUNICATE, MAKE DECISIONS AND TAKE OWNERSHIP OF THE SESSIONS. THEY ARE GREAT AS THE NUMBER OF PLAYERS NEEDED CAN BE FLEXIBLE.

'RULES' OF THE WARM UP RONDO CAN VARY FROM CLUB TO CLUB.

VARIATIONS INCLUDE;

- 1 TOUCH
- 2 TOUCH
- CAN'T PLAY TO THE PERSON NEXT TO YOU
- MAKE A MISTAKE AND YOU ARE 'IN'
- NUTMEG = DOUBLE
- 10 PASSES MADE = DOUBLE
- FIRST PLAYER MUST KEEP COUNT
- HAND ON TO START

LET PLAYERS CHOOSE THEIR OWN RULES...



GAME RELATED PRACTICES

POSITIONAL OR TACTICAL RONDOS CAN BE USED TO GIVE SIMPLE 'PICTURES' TO PLAYERS. BY USING PLAYERS IN THEIR POSITIONS THE RONDO PRACTICE CAN BE USED AND EXPANDED TO COACH A NUMBER KEY PRINCIPLES.

DEVELOPING POSSESSION (TOP)

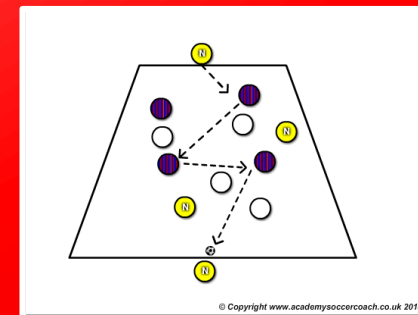
4V4 WITH 2 NEUTRALS AND TARGETS. PLAYERS AIM TO MAINTAIN AND TRANSFER POSSESSION, CREATING OVERLOADS AND MAKING QUICK DECISIONS. THIS SESSION IS GREAT FOR MIDFIELDERS WHO COMBINE TO PASS IN TO THE TARGET.

PLAYING OUT FROM THE BACK (MIDDLE)

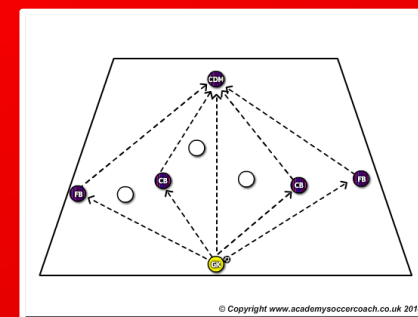
HERE THE GOALKEEPER, BACK FOUR AND LOOK TO PLAY OUT TO THE HOLDING MIDFIELDER.

SWITCHING PLAY (BOTTOM)

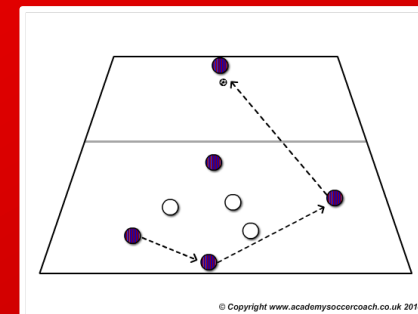
THIS CAN BE SET UP WITH FULL BACKS OR WINGERS AS THE WIDE PLAYERS, THE MIDFIELDERS AND CENTRE BACK LOOK TO SWITCH POSSESSION TO THE FURTHEST TARGET. THIS IS THE TRIGGER FOR THE MIDFIELDERS TO SUPPORT.



DEVELOPING POSSESSION

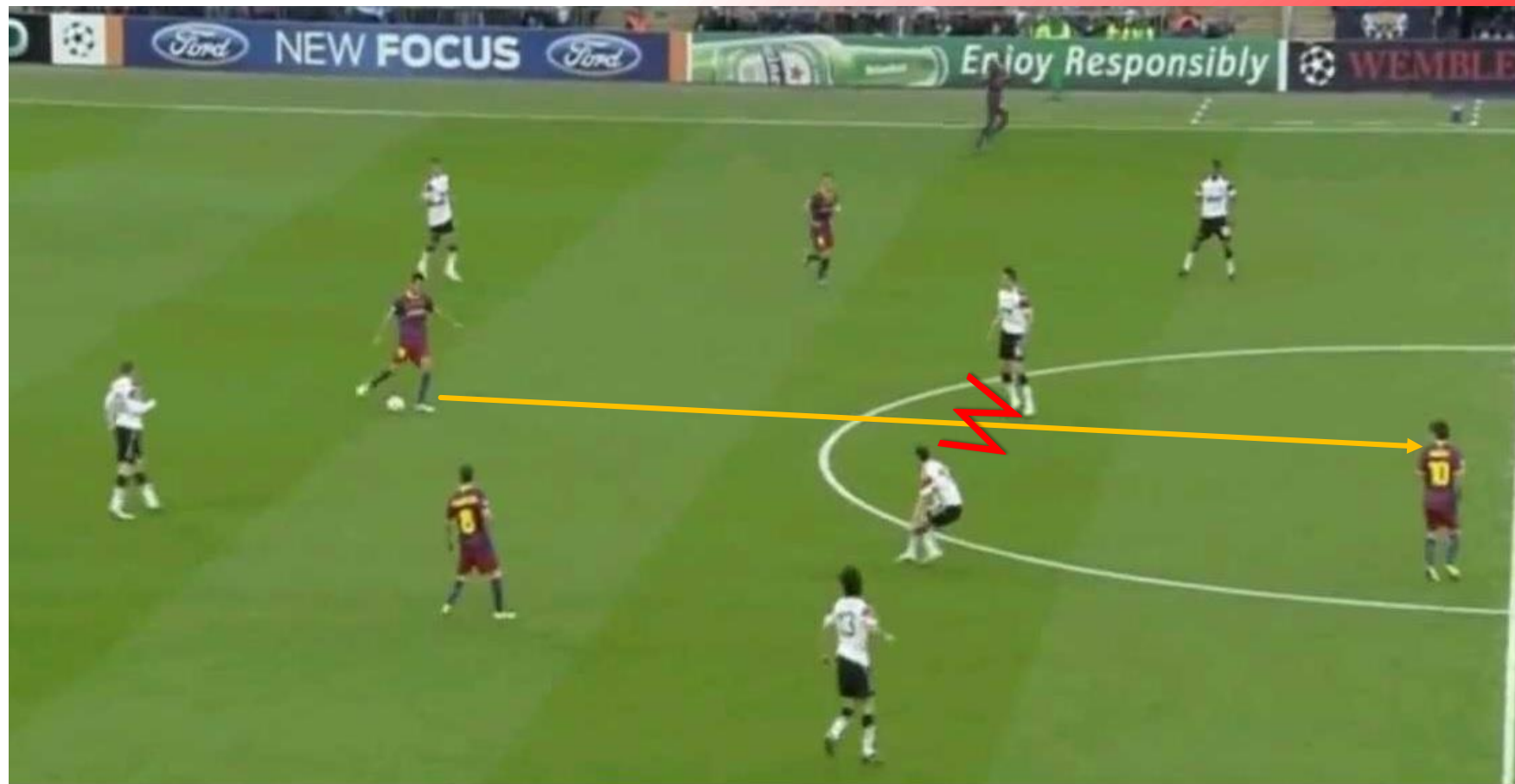


PLAYING OUT FROM THE BACK



SWITCHING PLAY

PASSING LINES



PLAYERS SHOULD BE ENCOURAGED TO PASS THROUGH...TO ELIMINATE OPPOSITION DEFENDERS.

SOME TERMINOLOGY THAT CAN HELP PLAYERS...

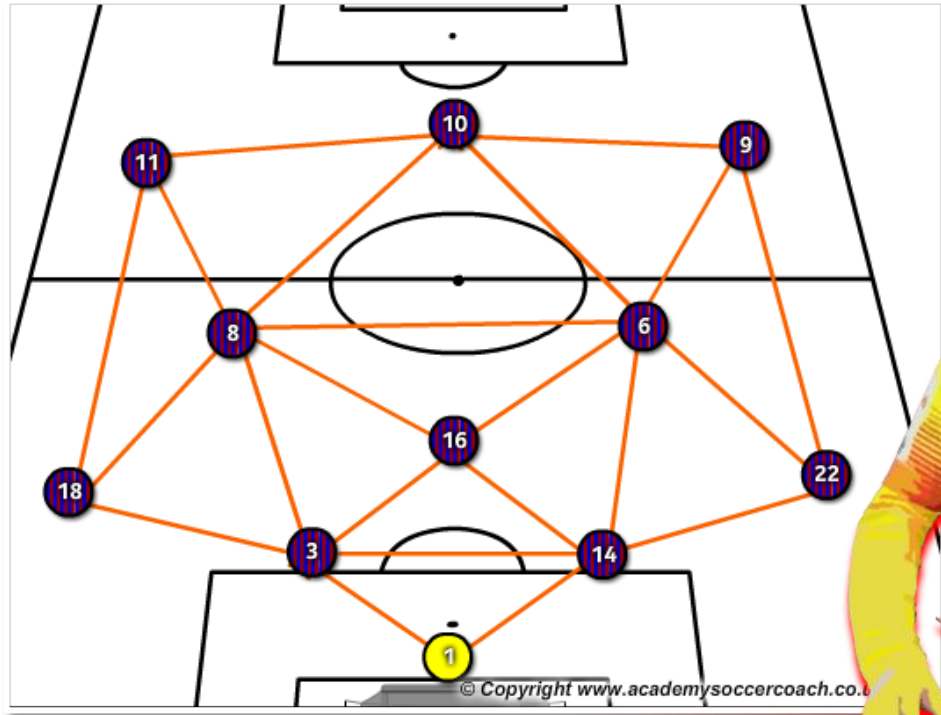
'SPLIT' PASS

THROUGH THE WINDOW

IN THIS EXAMPLE BUSQUETS CUTS OUT THE WHOLE MANCHESTER UNITED MIDFIELD WITH ONE PASS.

NOTE THE SUPPORT HE HAS IN POSSESSION: XAVI, INIESTA AND ABIDAL ALL AVAILABLE AS WELL AS THE KILLER BALL TO MESSI.





THIS DIAGRAM SHOWS HOW MANY RONDOS CAN BE ESTABLISHED THROUGHOUT A 4-3-3 FORMATION.

TEAMS LIKE BARCELONA WILL TRY AND CREATE AN **OVERLOAD** TO GIVE THE PLAYER IN POSSESSION OPTIONS. THE PLAYERS UNDERSTANDING OF THIS IS VITAL, AS WITH ALL FORMATIONS THEY ARE FLUID. IF PLAYERS UNDERSTAND **THE IMPORTANCE OF SUPPORT** THEY WILL UNDERSTAND WHEN/HOW TO MOVE TO CREATE THIS OVERLOAD...AT THE RIGHT TIME..

IT IS THIS UNDERSTANDING THROUGHOUT THE TEAM THAT GIVES TEAMS LIKE BARCA THE ABILITY TO MAINTAIN POSSESSIONS....NOT THE FORMATION.

FOR EXAMPLE IF THE CENTRE BACK (#3) HAS POSSESSION HIS **PASSING LINES** ARE FB, CB, GK, CM, DCM...HOW THESE PLAYERS CREATE ANGLES TO SUPPORT IS THE KEY.



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