



BASIC RONDO

Ball Control: Passing and Receiving

Positioning: Offensive & Defensive Spacing

COACHING GOALS

During this drill, my team will:

- Learn how to maintain possession as a team in tight spaces.
- Learn how to make quick passing decisions while developing spatial awareness.

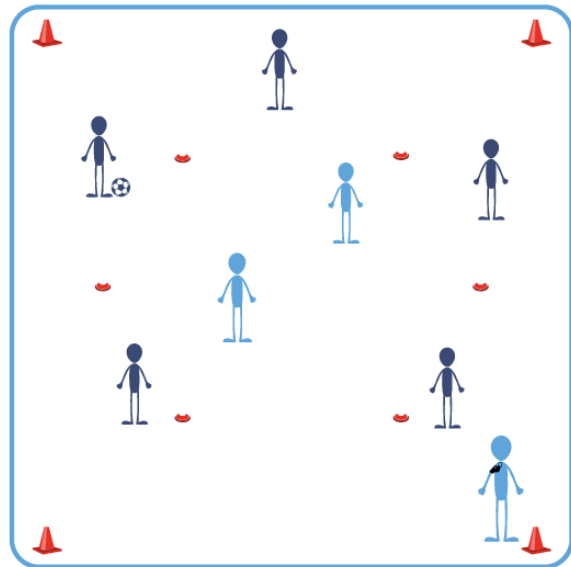
EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per group of 7
- 6 to 8 low profile cones per group

Set-Up:

- Create a circle with a diameter of about 15 to 20 yards.
- Create groups of 7 players with 5 players on offense and 2 on defense.
- Send each group to a circle with offense along the perimeter of the circle and defense inside.



HOW TO PLAY

1. It's time for a *Basic Rondo*. The object of the game is for the offense to maintain possession of the ball for 10 passes, while the defenders attempt to take possession.
2. On the signal, begin passing. Offense can move around the circle to create passing angles and open lanes. Defenders, try to intercept or force a mistake.
3. When the offense makes 10 passes (or after 3 minutes), the defense will swap places with 2 offensive players.
4. Freeze on the whistle.
5. ADD CHALLENGES:
 - Add defenders. Add a 1- or 2-touch rule.

FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: How can you create open space for your teammates?
- Q2: Why is strong, crisp passing important? Why is scanning before and after receiving a pass important?