

RONDO!

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A rondo has many of the elements that make up the game - Attacking, Defending, and Transitions. However, Rondos are mainly used by coaches for warm up/activation. You can always supercharge a rondo by introducing some conditions to work on different principles. This handy one-pager gives you some ideas for rondo variations and will hopefully help you come up with your own.

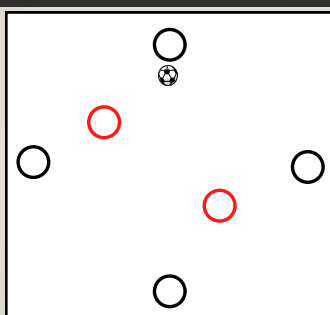
GENERAL TIPS

Underneath each exercise heading, there is a suggested principle to focus on. However, there are many aspects of the game happening in each exercise. Don't forget to coach them!

The number of players can be changed to change the difficulty of a rondo. The same can be said for the size of the rondo space/area. You can also place restrictions on passes, time, and touches to flex your rondos.

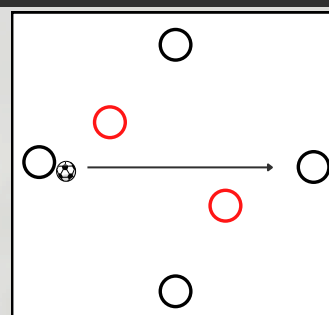
When possible, get players to hold a bib/vest instead of putting it on. Defenders can only defend once they have picked it up. Watch what happens!

REACTIONS RONDO REACT TO LOSING THE BALL



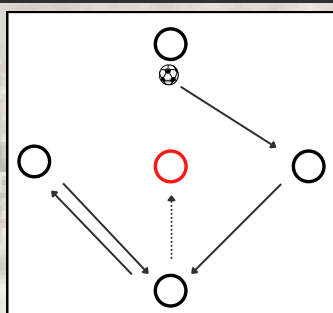
Defenders (Red) **hold** a bib/vest and as soon as one wins the ball, they drop their bib. The player who lost the ball becomes the defender. The game doesn't stop! Can the second defender take advantage of the chaos?

SPLIT RONDO CONTROLLING SPACE (DEFENDING)



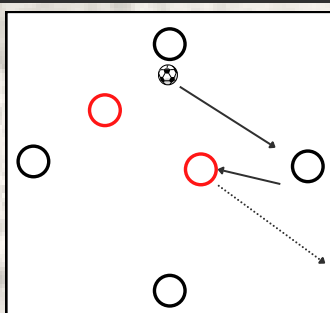
If the attackers hit a pass that "splits" the defenders, the defenders stay in for a second round. Defenders should coordinate (cover and balance). Defenders stay in for a maximum of 2 rounds.

STEPPING IN RONDO PROVOKING PRESSURE



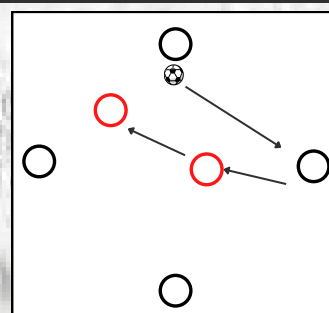
The attacker who receives the ball on every 4th pass needs to "step in" to provoke pressure from the defender and beat (via skill, turn, dodge, etc.) her before releasing the ball.

BREAKOUT RONDO DRIBBLING OUT OF PRESSURE



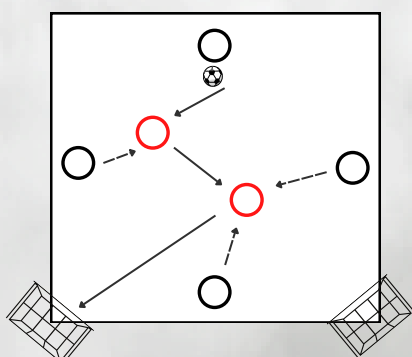
If the defenders win the ball, they need to "breakout" of the square at pace to get out of the middle. Attacker who gave the ball away becomes the defender.

FIRST PASS RONDO QUICK PASSES ON TRANSITION



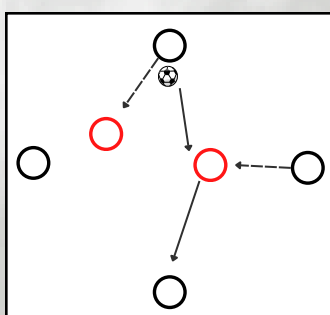
If the defenders win the ball, they need to pass to each other to get out of the middle. Attacker who gave the ball away and the player to their left becomes the defenders.

FORWARD PASS RONDO PLAYING THROUGH PRESSURE



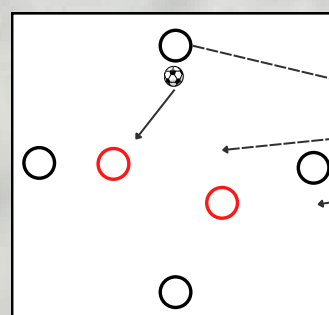
If the defenders win the ball, they need to "pass" the ball into a mini goal before being pressed to "get out" of the middle. Attacker who gave the ball away and the player to their left becomes the defenders.

CHAOS RONDO PRE TRANSITION PRESSURE



If a defender win the ball, the attacker who gave the ball away & the player to their left become the defenders. However, the defenders must firstly pass to one of the other attackers to "get out". Can the attackers who are going to be the defenders win the ball back before that first pass happens?

PRESSING RONDO COORDINATED PRESSING



If a defender win the ball, the attacker who gave the ball away & the player to their left become the defenders. However, the defenders must firstly sprint around a pole before re-entering the square. Can the new defenders coordinate and control the space quickly?

If you ever need further help with coaching, then head to [360tft.com](https://www.360tft.com)

You can check out my other work, here: <https://www.skool.com/360tft-6754/about>