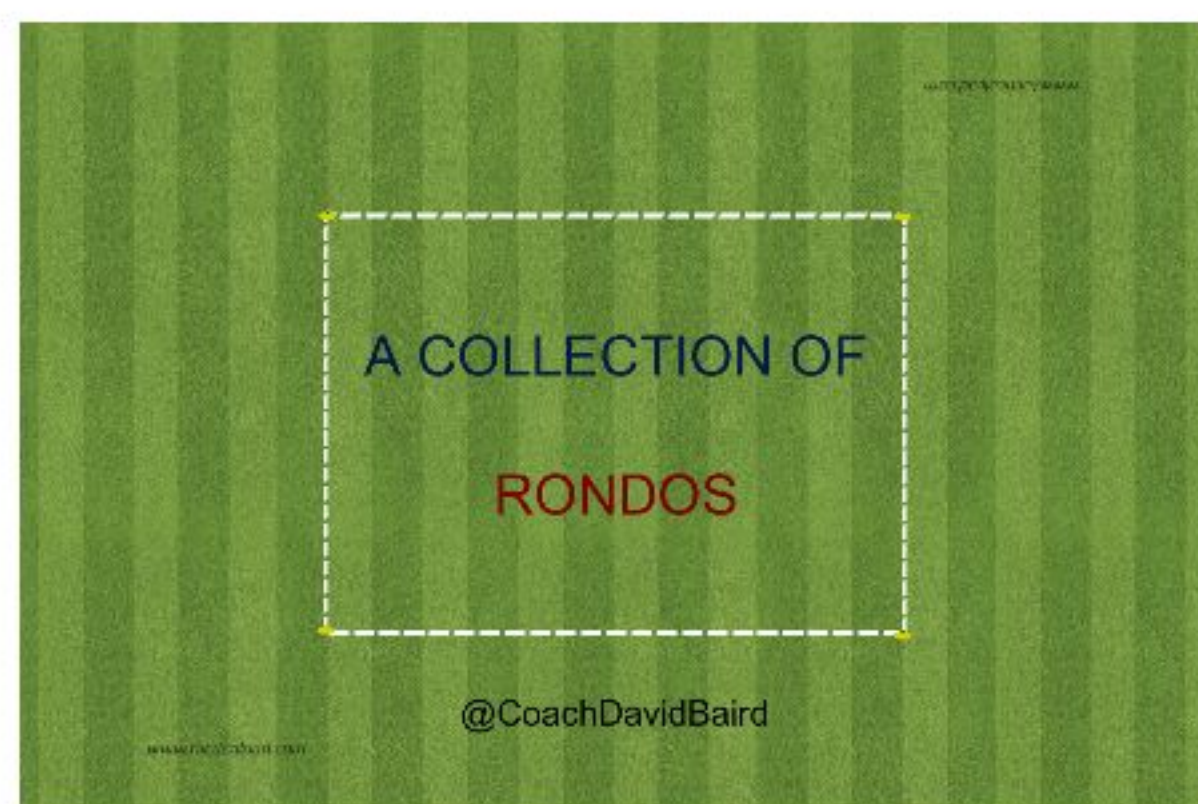


Rondos



Team

David Baird



Name
INTRODUCTION

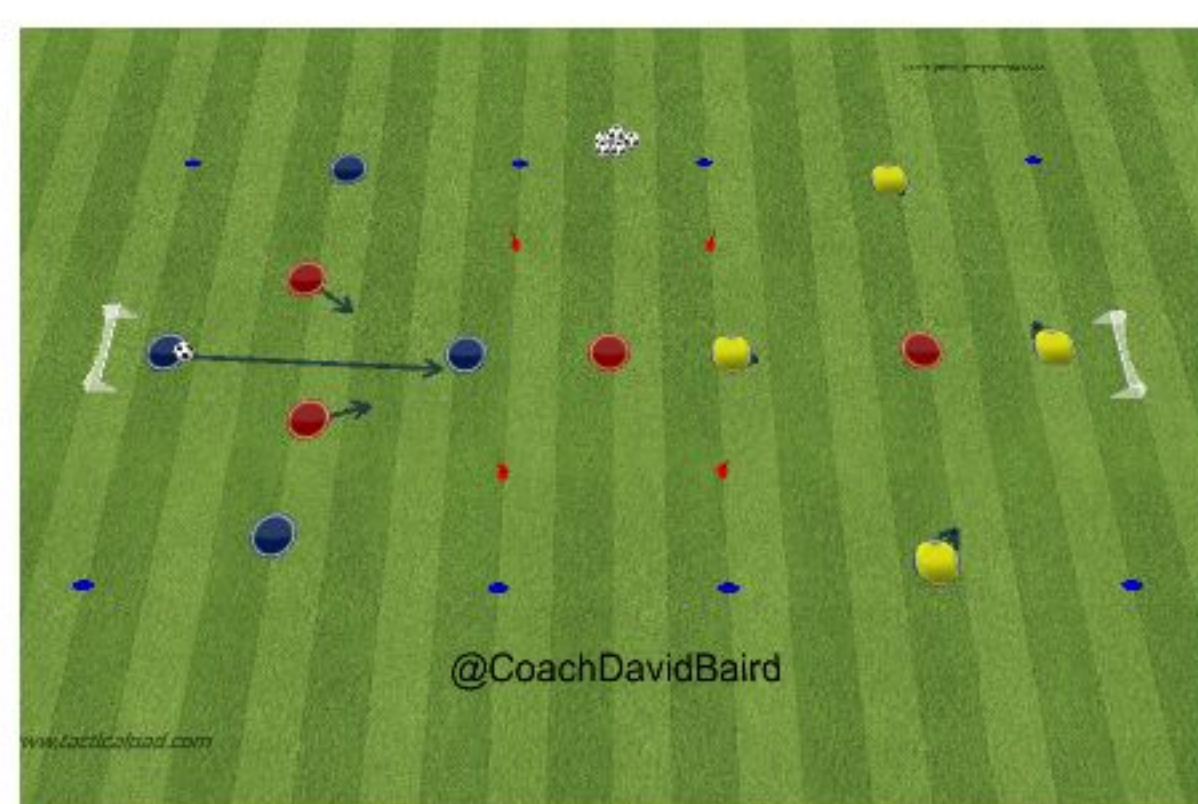
Player	Space	Intensity
Repetitions	Rest	Act. Time

Notes

Thank you for your support of my work. If you are interested in other resources:

- Future At Their Feet
- Practice Through Play
- Scoreboard Soccer

Please don't hesitate to get in touch via email: DavidBaird.coach@gmail.com



Name
1

Player	Space	Intensity
Repetitions	Rest	Act. Time

Notes

4v2 transition rondo.

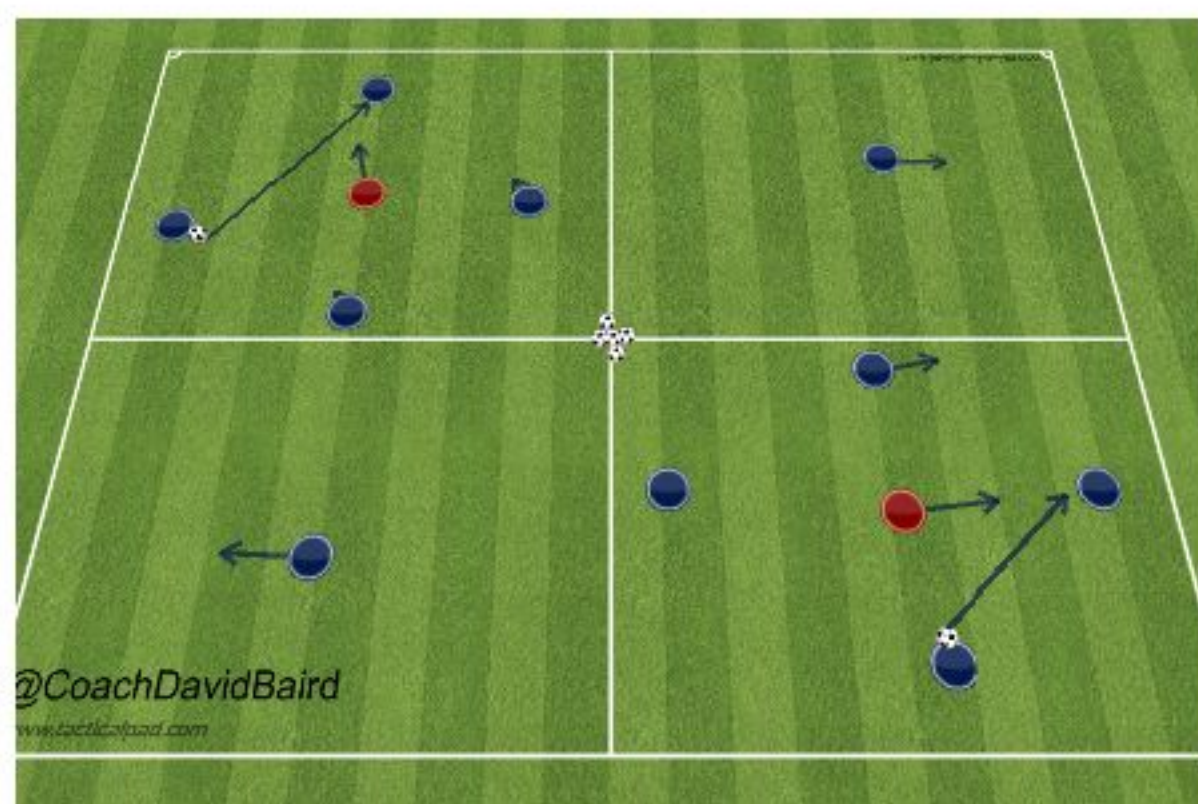
The aim is to transition the ball from 1 rondo to the other, through the central area. There is a screening player in the central area who can block passes and win possession for their team. On winning possession the defending team should look to attack a goal and score. This is to promote the habit of transitioning into attack when winning the ball.

A player from the other rondo can drop into the central zone to aid transition of the ball from 1 rondo to the other:

- Receive to play forward into the new rondo
- Bounce the ball back for someone else to play forward
- Their movement may create a passing lane for the ball to go forward, by passing them

Rotations between the teams in possession and the defenders is managed by the coach, perhaps you swap win winning the ball, perhaps each team stays in the middle for a certain time limit and see how many times they can win the ball, or will you apply the defenders need to score before they are swapped over. Personally I transition the 4 defenders frequently in this rondo.

See the animation on social media: [@CoachDavidBaird](https://twitter.com/CoachDavidBaird)



Name
2

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

The set up here involves two Rondos and of course the numbers used can be adapted. There is also 2 players situated next to the Rondos who can support either Rondo, we will call them Playmakers. Depending on ability level and how many defenders you play with in the Rondos, the above may help tempo and quick decision making:

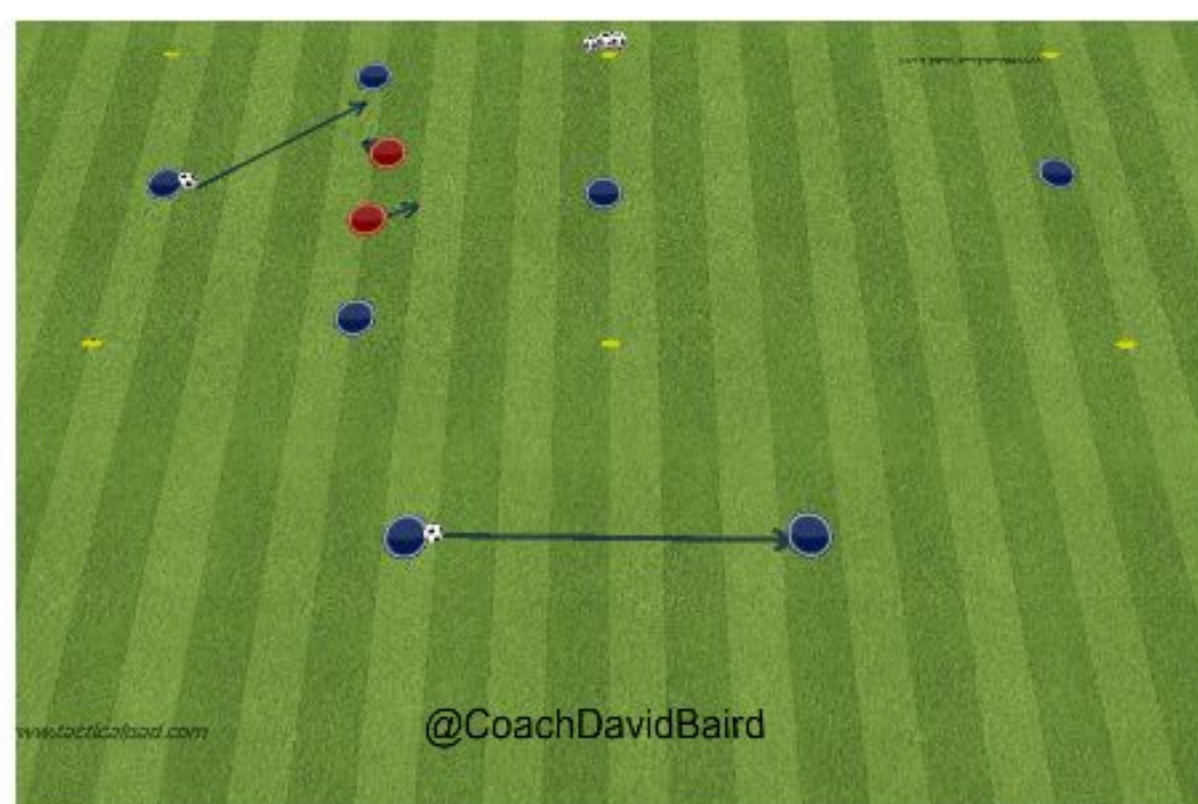
Rondo: 1 touch
Playmakers: 2 touch

The Rondos have lots of learning and practice but this set up adds an extra layer with the two playmakers needed to constantly be on their toes and moveing/scanning to support whichever rondo whenever they want to use them.

Progression: The player who passes to a Playmaker could follow the pass and whatever Rondo the Playmaker passes into they follow that pass and joing.

At anytime if they defender wins the ball they swap with who they win it from so it is recommended the defenders hold a bib and drop it when swapping to aid quick transitions and keep the flow of the session.

See the animation on social media: @CoachDavidBaird



Name
3

Player

Space

Intensity

Repetitions

Rest

Act. Time

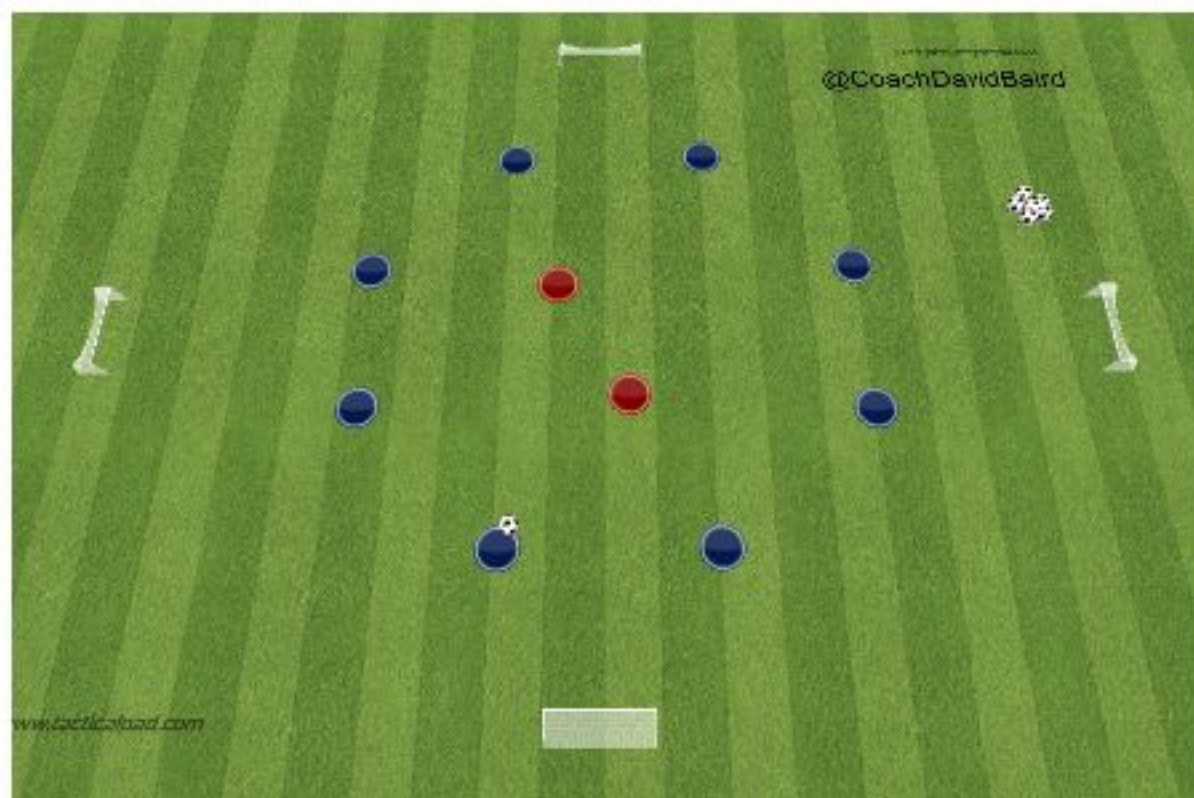
Notes

The Rondo is a 4v2 with the aim of passing to the player on the other side. When this happens two players follow to keep the numbers consistent in the now new Rondo. The defenders keep pressing the ball and the coach can apply a rotation for the defenders, perhaps whenthey win the ball they swap with who they win it from.

The added layer to this Rondo is the two players who are passing a ball to the side. On transition they must switch with the remaining player in the original Rondo (so not the central player who is in both Rondos or the two who naturally move to support the ball and keep the diamond shape consistent. It is the player on the furthest left of the picture during the first transition then the player on the furthest right during the next transition).

This is applied so the players practicing their passing are always scanning and ready to react when they must sub into a Rondo. You may challenge the 2 players to see how many passes they can make before 1 needs to join the next transition and see what pair can do the most passes in this short time.

See the animation on social media: @CoachDavidBaird



Name
4

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

The aim of this Rondo is to hit your opposite player when it's possible. The coach should highlight to each player who they are trying to get the ball to before starting. If you hit your target player they have 2 touch to score in the goal behind them.

Compete to see what pair can pass to each other the most but of course this pass should not be forced as this is the pass the defenders are trying to avoid being played with their movement, shape and pressing.

If the defenders win the ball, they swap with the player they won the ball from and their target player. So again forcing that pass may result in you and your partner going into the middle.

The defenders can break out to a goal and score on winning the ball also.

See the animation on social media: @CoachDavidBaird



Name
5

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

3v1 Quick reactions Rondo.

The group play 3v1 but there is a fun twist. When the defender win the ball there will now be a 3v1 in the square next to where the original Rondo started. Obviously the player who was previously the defender now has the ball so they can dribble over and be ready to start the new Rondo, but the other 3 players need to race over and the last one to get across will start in the middle - hence the importance of quick reacts when the defender wins the ball.

The players who get to the far away cones first will start in those positions for the new Rondo, the last player will start in the middle. This method repeats on each re-start.

The See the animation on social media: @CoachDavidBaird



Name
6

Player

Space

Intensity

Repetitions

Rest

Act. Time

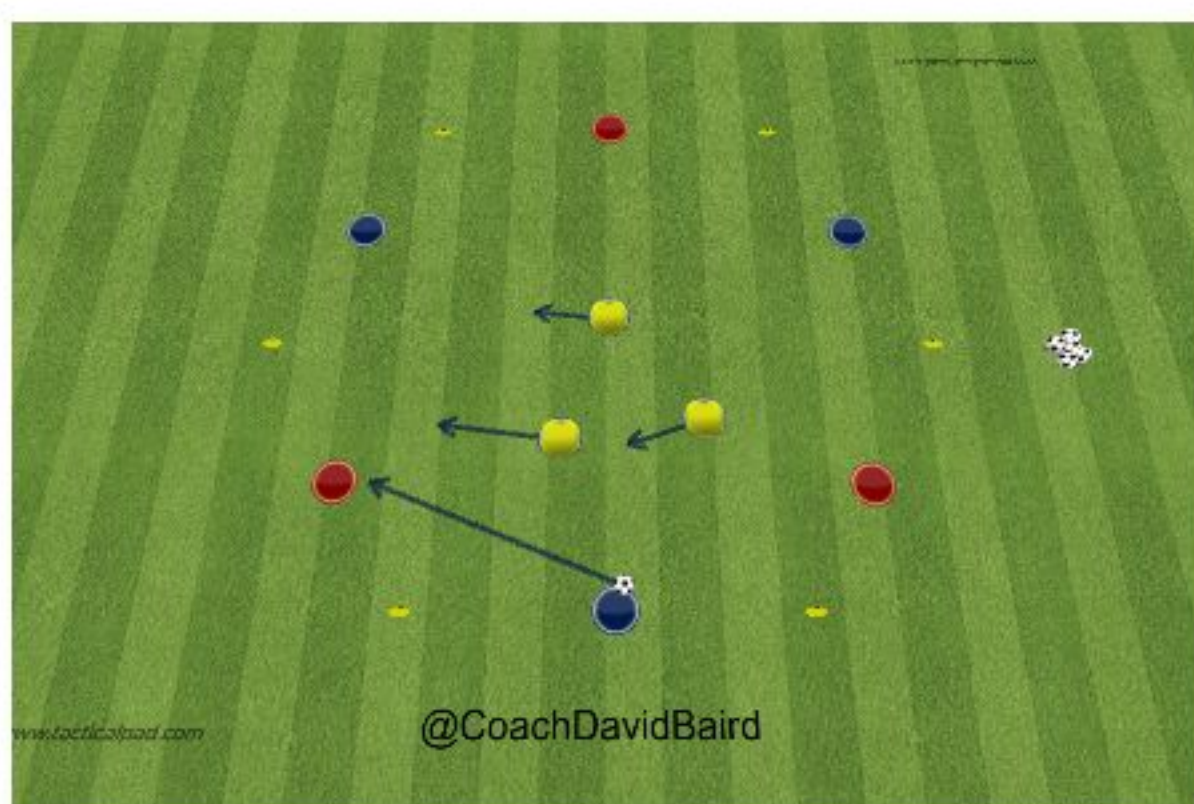
Notes

4v2 The players in possession can score in any goal after they make a minimum of 10 passes. You may want a split pass (between the 2 defenders) to count for 2 passes.

On winning the ball the defenders can score in any goal and if successful they will start the next sequence in possession.

The player who lost the ball and their teammate can attempt to counter press and prevent the defenders from scoring. If they win the ball they continue as the team in possession.

See the animation on social media: @CoachDavidBaird



Name
7

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

6v3 Counter-Pressing Rondo

When the team in the middle win the ball, the player who gave it away and their 2 teammates (in the same coloured bib) need to try and quickly win it back before the 3 in the middle can secure possession using those still on the outside and taking up the positions of the previous 3 players who will now be in the middle.

See the animation on social media: @CoachDavidBaird



Name
8

Player

Space

Intensity

Repetitions

Rest

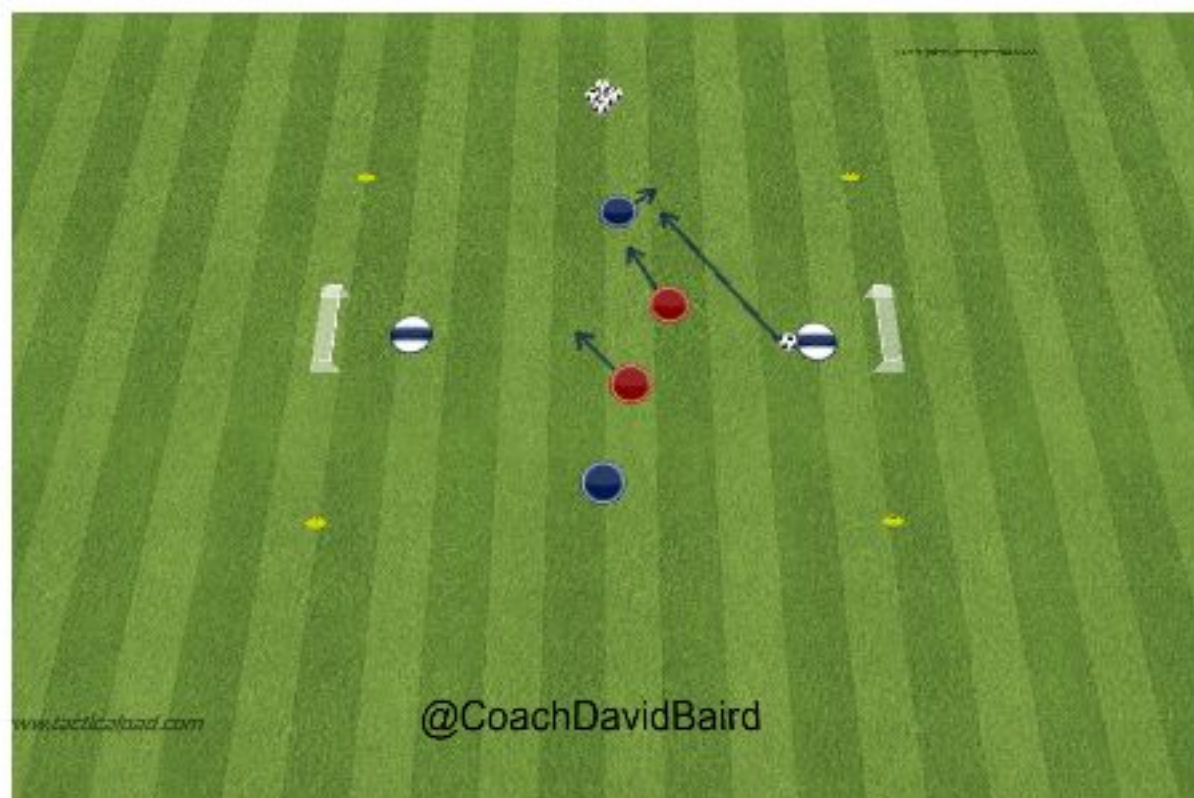
Act. Time

Notes

3v1 Aiming to play a pass through the central area. Win this happens the passing and receiving player will play 2v2 against the other plays to either goal.

I utilize the bonus ball (throw in a second, third, fourth ball) method often in this Rondo to prolong the 2v2s.

See the animation on social media: @CoachDavidBaird



Name
9

Player

Space

Intensity

Repetitions

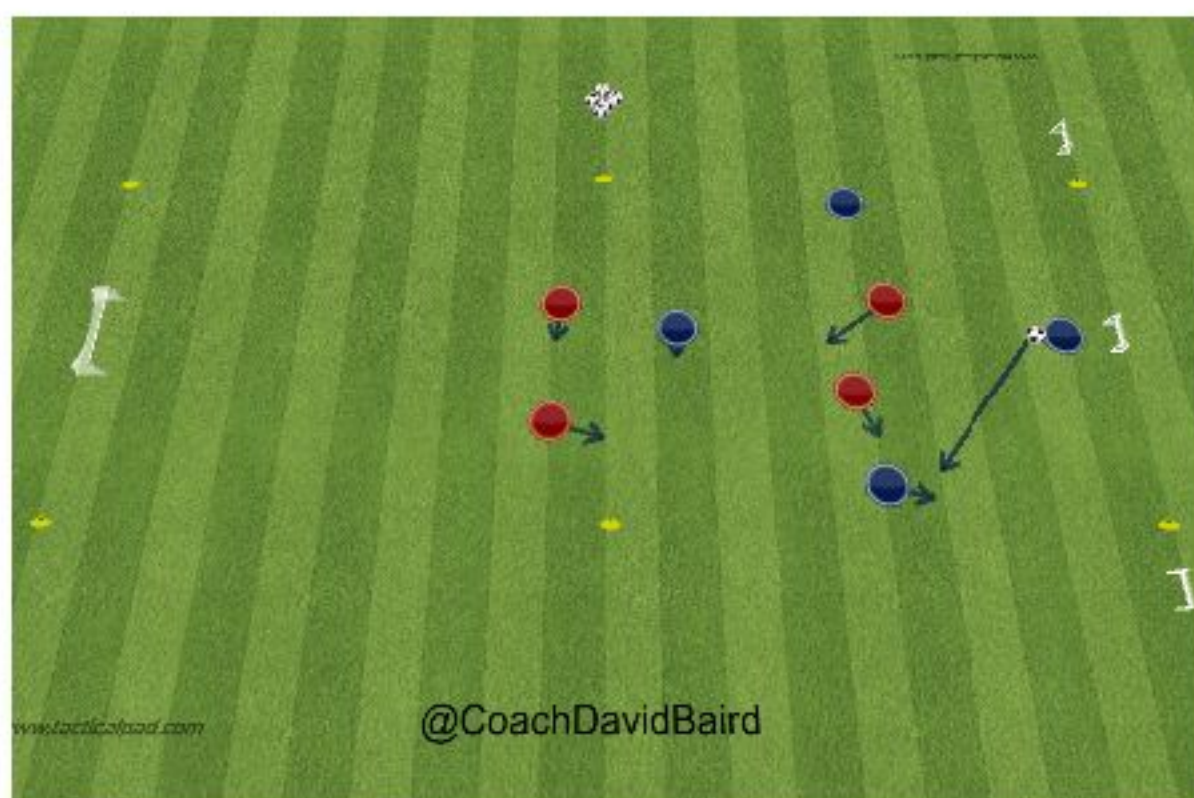
Rest

Act. Time

Notes

4v2 Rondo with goalkeepers at both end working on their passing and playing out from the back. On transition they must be ready to deal with any shots.

See the animation on social media: @CoachDavidBaird



Name
10

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

4v2(4) Breakout rondo

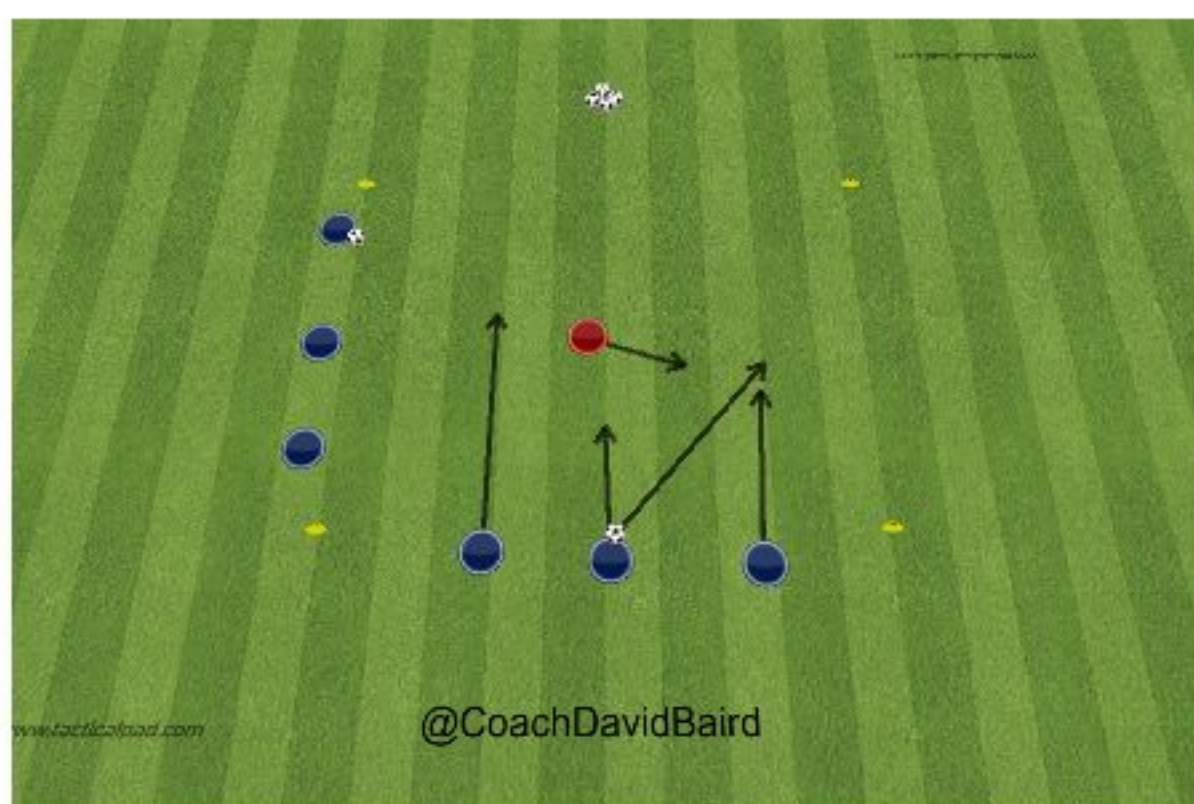
This can be used to introduce pressing triggers to youth players.

The two defenders in the other half should be shifting with the ball but once they recognise a trigger to press they go and try to win it. Only when this happens can the attacking team look to breakout. Potential triggers to press and win the ball:

- A heavy touch
- Pass behind a player or slow pass
- Pass in the air that will give you time to travel

As with many of these Rondos, I often throw in bonus balls to prolong the 4v4 games before re-setting with the Rondo again.

See the animation on social media: @CoachDavidBaird



Name
11

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

Counter attacking rondo. Working across the area the first set off players aim to get to the other side avoiding the defender and the second they get there the next group go. If you lose the ball you become the defender in the Rondo. Of course you can determine how many on the teams and how many defenders in the middle.

Be ruthless to get across the line and if successfull you will remain on the outside of the Rondo. Encourage:

- Forward runs
- Penetrating passes
- Dribbling at speed

See the animation on social media: @CoachDavidBaird



Name
FREE APP

Player

Space

Intensity

Repetitions

Rest

Act. Time

Notes

Use your phones camera to scan the code and access the free Scoreboard Soccer app. The app has a collection of practices and games and of course Scoreboard Soccer games which can be a great way to engage, challenge and support players at football practice.

- Scan the code
- Click share
- Slect 'add to home screen'

Please share any feedback on social media using **#ScoreboardSoccer**