



# Rondo Variations

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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## Description

### 4v0 Rondo

**Organization:**

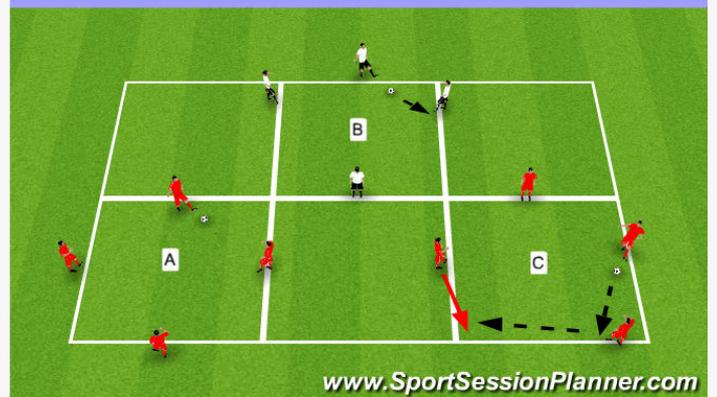
10x10 grids  
4 players per grid  
1 ball in play - spares in the center

**Instructions:**

Each player has 2 touches  
1st touch across the body to the back foot  
2nd touch is inside foot pass to next player

**Coaching:**

Quality of pass, quality of 1st touch  
Movement to support the ball - angles of support to left & right  
Timing of movement - start in the middle then check down to cone  
What does it mean to check?  
Body position as player moves  
Tempo



### 4v1 Rondo

**Organization:**

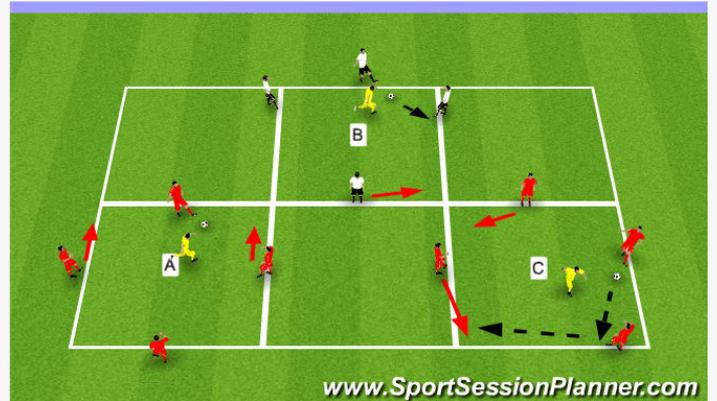
10x10 grids  
5 players per grid - add defender  
1 ball in play - spares outside the grid

**Instructions:**

Each player has 2 touches  
1st touch across the body to the back foot  
2nd touch is inside foot pass to next player  
Defender in for 1 minute - 5 passes = point

**Coaching:**

Quality of pass, quality of 1st touch  
Movement to support the ball - angles of support to left & right  
Timing of movement  
Body position as player moves  
Tempo  
Encourage defender to 'be an animal'. Their pressure helps the 4 possessing players learn the **how, when, why**



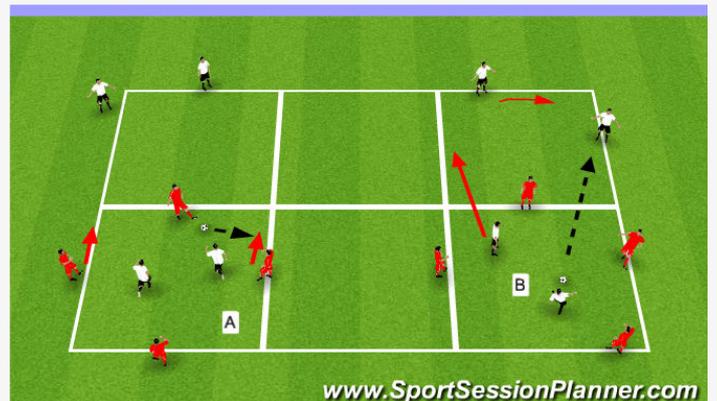
### Back to Back Rondo

**Organization:**

10x10 grids, back to back (20x10)  
4 players per grid  
1 ball in play - spares outside the grid

**Instructions:**

2 players from 1 grid defend in the other grid in 4v2  
If defenders are successful, transfer ball to 2 team mates in their grid  
Continue to play until ball out  
5 passes = point  
Split defenders = 5 points  
Defender transfer to own team = 1 point  
Each player has 2 touches 1st touch across the body to the back foot  
2nd touch is inside foot pass to next player



**Coaching:**

Quality of pass, quality of 1st touch

Play away from pressure

Opportunity to split defenders

Movement to support the ball - angles of support to left & right

Timing of movement

Body position as player moves

Tempo

Encourage defenders to 'be an animal'. Their pressure helps the 4 possessing players learn the **how, when, why**

**Switching Rondo****Organization:**

20x10 yard grid

5 attackers (reference central player as the 6, end players are 9's, 7 & 11 for wide players)

2 defenders

Plenty of soccer balls

**Instructions:**

Play to transition the ball from end player to end player

Defenders score a point for every interception

Attackers score 1 point for end to end without using the 6

Attackers score 5 points for end to end if the 6 is included in the play

**Coaching:**

Attacking principles

9's - look to penetrate with the pass, can you find 6 early?

7/11's - support play deep to try and draw defenders to outside, opening passing lane for the 6

7/11's - body orientation, face the way you want to play = forwards (on the half turn)

6 - provide depth, try to get blind side of the defenders and find the open lane that splits them

Speed of play - quick ball movement to unbalance defensive shape

Transition - 7/11 movement down the line to provide support for the target 9 once they have the ball

**Moving Monkeys****Organization:**

4 grids that all start with 4v1

1 ball per grid

Plenty of balls and pinnies on outside of areas

**Instructions:**

Each time a player makes a mistake, has ball stolen or takes too many/too few touches, they move clockwise to the next grid

Defender becomes attacker in the same grid they played in

No limit to number of defenders in a grid

Must be 4 attackers for the need of a defender (no 3v1)

**Touch Rules:**

4v0 - 1 touch

4v1 - 2 touch

4v2 or more - unlimited touches

**Coaching:**

Make players accountable to the touch limits - team mates call each other out too

Technical principles of Rondo - check, receive, eyes up, overhit passes

Communication - who's watching the other grids for the next defender. Who's communicating the touch limit based on the number of defenders

Looking over shoulder - all players can check their shoulder to see next defender arriving

Quick Vs Calm - speed of play, commit defender, pass vs dribble in 4v2

