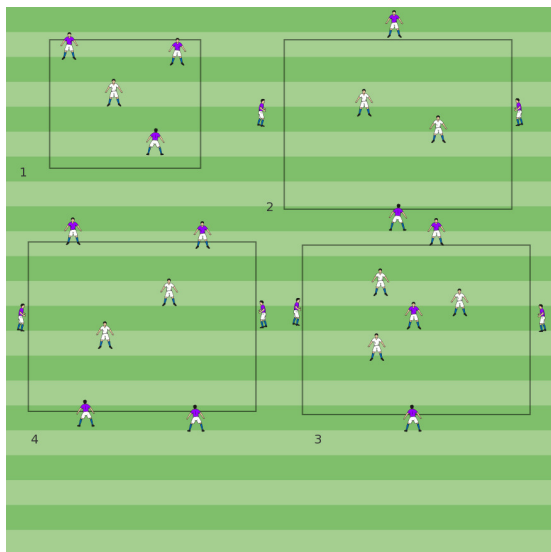



TRAINING EXERCISE

Rondos



	Attacking Principles
	U13 to Senior
	to Players
	
	Intensity:
	00:00 min (x 00:00 min, 00:00 min rest)

Objective

Description

1. 3v1 (7x7 grid)- Make sure outside guys work to create angles- Talk about weight and angle of pass- Weight of the pass is communication - soft=first line 1 touch back - firm= open up- Talk about opening up EVERY TIME- Players should be thinking about 1st and 2nd line passes- 2nd line pass is just off of the defenders shoulder- Players must move to get off of the shoulder
2. 4v2 (10x10)- Same concept as 3v1- Introduce the 3rd line pass in here
3. 5v3- 1st, 2nd, and 3rd line passes- Movement of the pivot- Passing lanes- Reaction to the movement of the defenders
4. 6v2 (10x10)- Perfect numbers for rondos- 2 x 1st line pass- 2 x 2nd line pass- 1 x 3rd line pass

Key Points

Movement off the ball, spacing, decision making with the pass, look to penetrate and split the defense