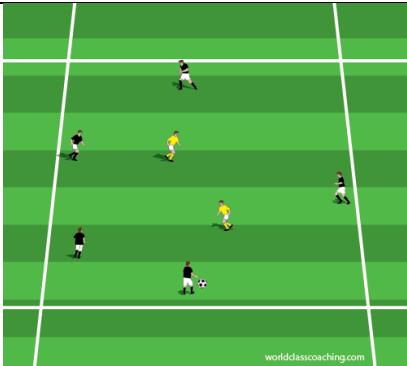
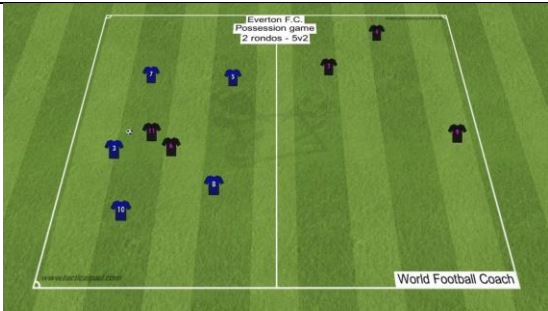


Rondos

More than just keep away

Phase	Diagram	Description	Coaching Cues
Warm-up 10 min	 A diagram of a square field divided into four 10x10 yard quadrants by a central vertical and horizontal line. Five players (attackers) are positioned in the quadrants, and two players (defenders) are positioned on the central lines. A ball is shown near the bottom center. The text 'worldclasscoaching.com' is visible at the bottom right of the diagram.	In a square area (10 yard side) marked by cones, play 5v2 keep away. You can create variations based on one touch passing, 2 touch, receive passes across body, etc...	Pick a single focus for your entire session. If you pick defensive, ONLY coach the defensive players. Focus on immediate pressure and the 2 nd defender placing themselves appropriately, don't try to coach everything.
Main Activity 10 min	 A diagram of a rectangular field divided in half by a central vertical line. The text 'Everton F.C. Possession game 2 rondos - 5v2' is at the top. Five attackers (blue shirts) are in the left half, and two defenders (black shirts) are in the right half. A ball is shown near the center line. The text 'World Football Coach' is at the bottom right.	Create two rectangular spaces. (30 yard square divided in half). Players play a rondo as before, when black wins the ball, they'll pass into their half, and blue will send 2 defenders in to recover.	Keep the same focus as before (and keep it throughout the session). If coaching defending, add a focus on trying to force the ball into corners and continue prior cues.
Less Complex	If this is too difficult, maybe only have 3 defenders, or have the 3rd defender come in after 5 completed passes. Just ask yourself, what would simplify the decisions of the defenders (or whomever you are coaching in this session)? The other major option is to change the size of the space. For defenders, less space is less complex.		
More Complex	If the defenders are having too easy a time, make it harder for them. Try keeping score. Every tackle that takes the ball away (rather than knocking it out) and possesses it into their half, count that as a point.		
Final Game	Simply play the largest rondo possible with your players, 7v7? After a specific number of passes, have goals on the perimeter they can then play toward. This works best with multiple goals for each side.		

Rondos

More than just keep away