

## Description

For me, this session is an extension of last week. Last week, we focused on immediate attacking after winning the ball back. This week, in the second activity, players will win the ball defensively and then immediately begin possession. That's how most possession intervals begin in games, defensive wins.

Training Hack: Set up your first activity in such a way that you can move directly into the second activity with minimal cone changes.

## Rondo Warmup (10 mins)

<https://youtu.be/G26CGqxeIZQ?t=90>

Setup: Create a space relative to your kids. At this point, we all should have done rondo's twice in 2020. I try to do them every session or every other. Using variations of the same theme can keep it fresh. For younger kids, stick to 10 yard areas. You want the passers to be successful. Older kids can use 5x5s or do 3v1s in a small space. If your numbers aren't perfect, don't be afraid of 5v1 or 5v2 or whatever makes sense for your numbers. 2 defenders ramps up the difficulty very quickly.

Coaching Cues: Generally, I stick with receiving across your body, a deceptive action and sharp passes. Those 3 cues will follow into the other activities.

Check out the video linked above, Greg Ramos does a great job describing the effect of Rondo's, even simple ones on your training.



## Transitional Rondos (15 mins)

<https://youtu.be/G26CGqxeIZQ?t=1388>

Setup This is a split Rondo. Create 2 rectangular areas, maybe 10x15 or 10x20 if you have the space. If you don't have the 12 I showed up here, create two side by side squares, its the same idea.

Activity: Here, I showed the game in transition. Just before this picture, blue was keeping the ball away from the lone yellow defender. Then, the defender wins the ball and plays it back into their area to keep away from an incoming blue defender (that's the picture). This may be a bit much for young kids, but Ramos has the remaining blues play a few variations of keepie uppie so they're active during the wait. The added benefit, is that if yellow loses control or the blue defender puts the ball out of play, the blue team can use that ball they were toying with to immediately restart a rondo and a yellow can rush in.

Coaching Cues: I like to be active in keeping the activity going.

Sometimes when a ball goes out, or possession is one, the transition is slow and the game doesn't flow. The whole purpose of this activity is to win the ball and then PLAY. Likewise, it is to

immediately rush the ball when your team loses it. Sometimes, I make the rule that the person who lost the ball or played it out of bounds has to be the defender. If your team proves too successful in possession, send a 2nd defender after 7 or 10 passes.

Watch the Ramos video, watch how he talks to the kids, I can't stress it enough. Rondos are more than just 4v1 keep aways. This is a omnidirectional games without goals. Treat it as a microcosm of the center third of the field.

