



Drill Name: Rondo Series- Basic

Set up :

Basic Rondo Games: 1) One touch rondo 2) 5v2 Rondo 3) 4v2 Transition Rondo

Instructions:

- 1) Players in tight, defender holds bib, attackers have 1 touch, switch middle on mistake
- 2) 10x12, vary size for ability. Attackers attempt to split defenders, 3 splits and pushups. Change defender at set time or on turnover
- 3) two 10x10. 5 passes or split for a point. Defenders play back to their grid and players transition to play 4v2 in other grid

Coaching Points:

Preparedness
Touch/Control
Quick passing
Movement off ball