

ACADEMY:

5 FAVORITE DUTCH RONDOS FROM TERRY MICHLER

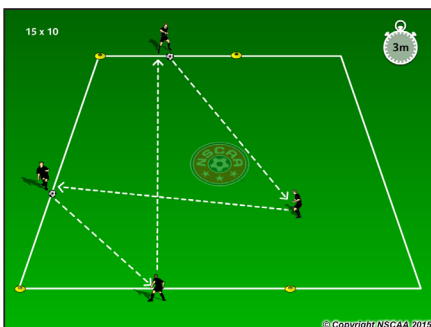
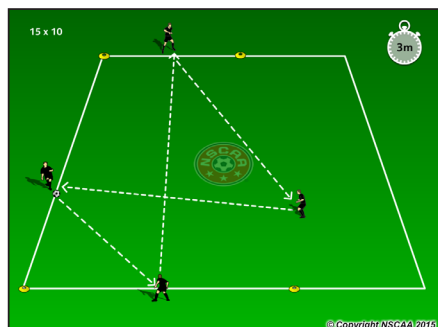
This is a Rondo progression used by the Dutch and presented to SJ by Terry Michler. There are actually more than five activities. All will be presented because the end product is very good! This is an easy progression. It is recommended that time limits are used to get maximum effort from the players.

Activity #1: 4 vs. 0

Organization:

- 15 x 10 yard grid
- Players arranged as shown
- Do this with a time limit (i.e. 3 minutes) and count the number of touches for player A

Progression: Add a second ball



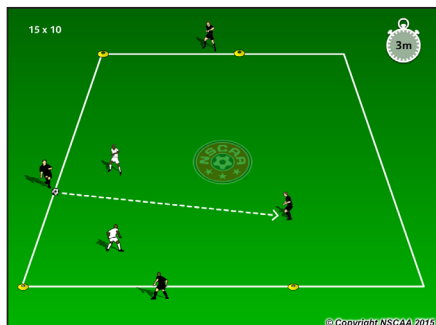
Activity #2: 4 vs. 1

Organization (right):

- 15 x 10 yard grid
- Players arranged as shown
- Use a time limit and switch defenders
- Have extra balls available



Progression #1: 4 vs. 2



Progression #2: 4 vs. 3



Activity #3: 4 vs. 2 + 1

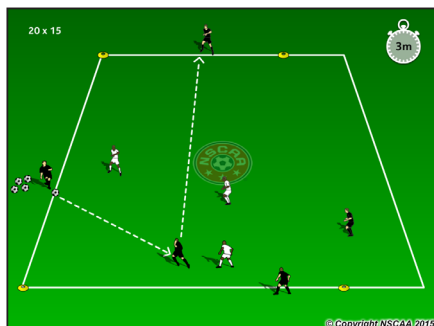
Organization:

- 15 x 10 yard grid
- Players arranged as shown
- Use a time limit and switch defenders
- Have extra balls available



Progression:

4 vs. 3 + 1 - increase grid size to 20 x 15 yards



Activity #4: 6 vs. 3 + 1

Organization:

- 30 x 25 yard grid
- Players arranged as shown
- Use a time limit (i.e. 2 minutes) and change defenders
- Have extra balls available



Progression:

- 6 vs. 4 + 2
- Same grid size
- 6 vs. 4 + 2 Keepers



Activity #5: 4 vs. 4 + 8 Bumpers with 2 Keepers

Organization (right):

- 35 x 20 yard grid
- Players arranged as shown
- Attacking players can use the "bumper" of the same color
- Use a longer time limit and then switch teams
- Have extra balls available

