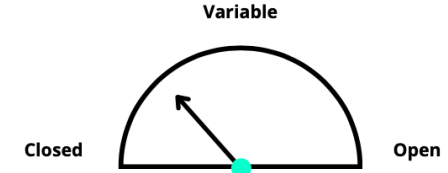


# Dynamic Rondo



<b>Topic:</b> Passing & Receiving	<b>Offsides:</b> N/A	<b>Pitch size:</b> 20 x 10
<b>Practice type:</b> 4v2 (1)	<b>Timing:</b> 15mins	<b>Age group:</b> U9+
<b>No. of Players:</b> 7-14	<b>Goalkeepers:</b> N/A	



## Objective:

This practice is designed to provide players with the opportunities to train their ability to retain possession of the ball through passing and receiving. The players in possession aim to retain possession of the ball and switch play into the open side of the playing area. When the ball is switched three players must move into the opposite half of the playing area to support their teammate in possession (figure showing this on next page). The defending team aim press to get possession of the ball.

## Organisation:

Set up a rectangular area 20 yards long by 10 yards across, mark a line to divide the playing area into two, as shown in the figure to the right. Play starts with any of the four players in one half of the playing area, with two defenders ready to press. One attacking player actively waits in the opposite half. To score a point, the attacking team make 8 consecutive passes and switch the play to their teammate waiting in the opposite half. When the ball is switched the game continues and the players in possession aim to repeat 8 consecutive passes and switch to their teammate. The defending pair are tasked to press and steal possession of the ball as quickly as possible. When the defenders get the ball they switch roles with any two players in possession.

## What you might see

- In possession players slow to recognise when to switch.

## Actions you might take

- Constrain player to switching play between 8 and 11 passes

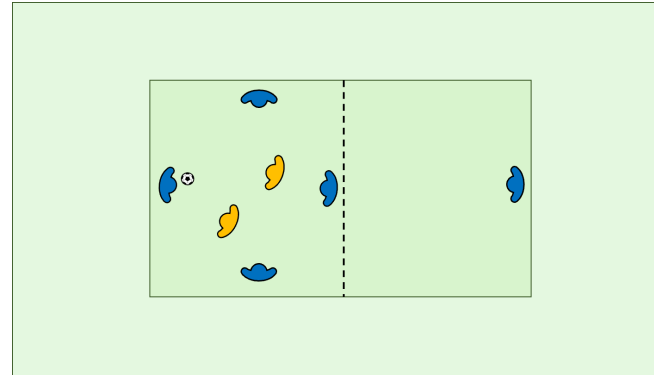
## Adaptations (based on the team in possession):

### Is the session too easy?

- Reduce the size of the playing area to 16 x 8

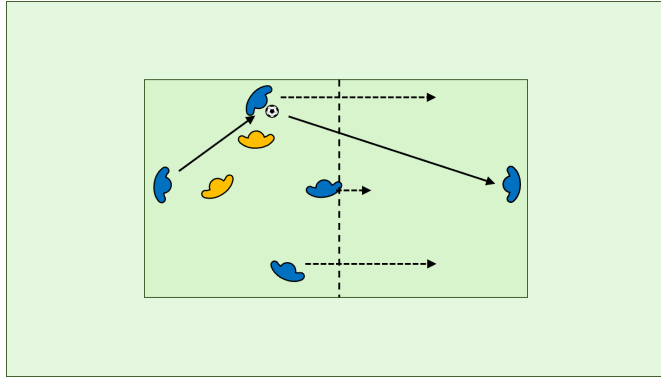
### Is the session too hard?

- Increase the size of the playing area to 24 x 12
- Reduce the number of defenders

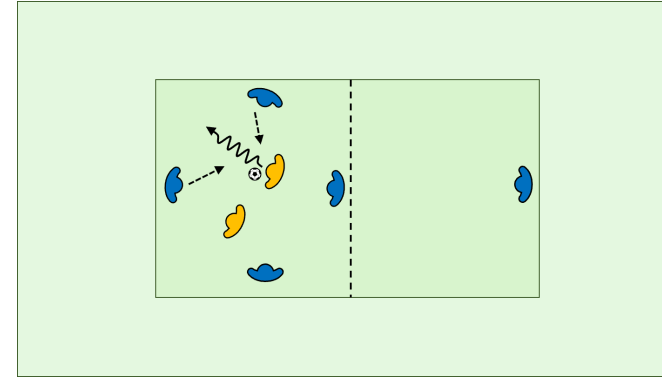


Area set up to accommodate 4v2 + 1 rondo in rectangle with a line splitting the area into two halves of 10x10. The figure shows an example of a team in possession within in the playing area before switching to their teammate actively waiting in the other half.

Technical	Psychological
Receiving Releasing	Confidence Compete
Strength Agility	Teamwork
Physical	Social

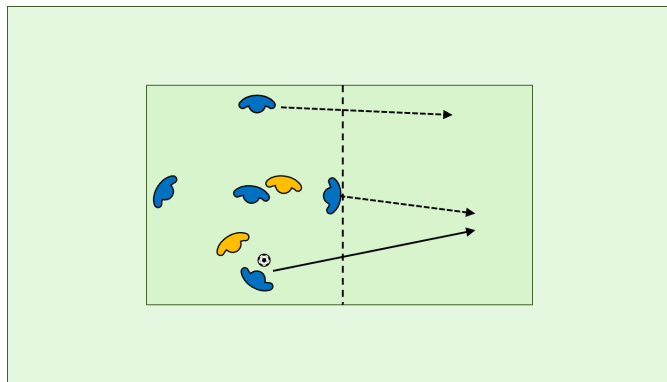


This figure is showing an example of play being switched to the opposite side of the playing area. Note that 3 players move to the opposite area, and one player remains.

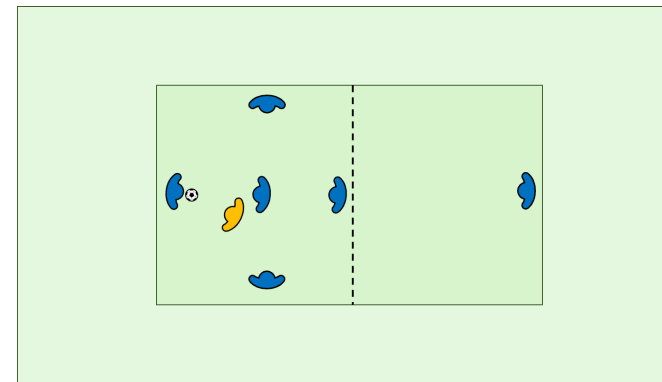


This figure is showing the inclusion of a defensive transition moment for the blue team.

A new rule is introduced where the defending team have to win the ball and break out of any side of the playing area to get a point. When losing possession, the blues immediately try to stop the defenders from breaking out of the area.



This adaptation of the practice involves all 5 players in possession playing collectively in one half of the playing area. The original rules remain.



This figure shows an example of lowering challenge point by switching one defender for one additional in possession player.