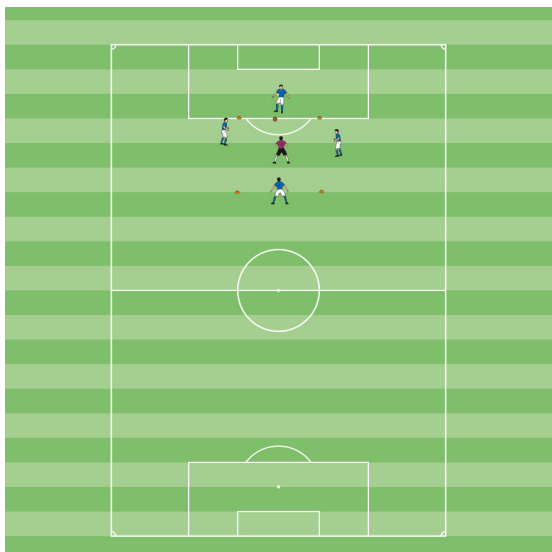








TRAINING EXERCISE

Rondo



	Passing and Receiving Ball Control
	U12 to Senior
	5 to 20 Players
	Cones, Balls
	Intensity: 6
	12:00 min (1 x 00:00 min, 00:00 min rest)

Objective

Keep ball away from player in the middle

Description

Create a square 10x10. One player on each side of the square and one in the middle. Players on the outside can move up and down their side but cannot go into the square. Player on the inside cannot go outside the square. Outside players must keep the ball away from the player on the inside. Set target number of passes after familiarity. Progressions: - Limit touches for outside players - Make square smaller - 2 points for passing to opposite player

Key Points

- Positioning off the ball; player on the ball should always have at least two options (triangles) - Weight of pass; pass should be firm enough so player on the inside cannot intercept but soft enough for team mate to control - Open body shape when receiving ball - Call for the ball when in position