

## Session Summary

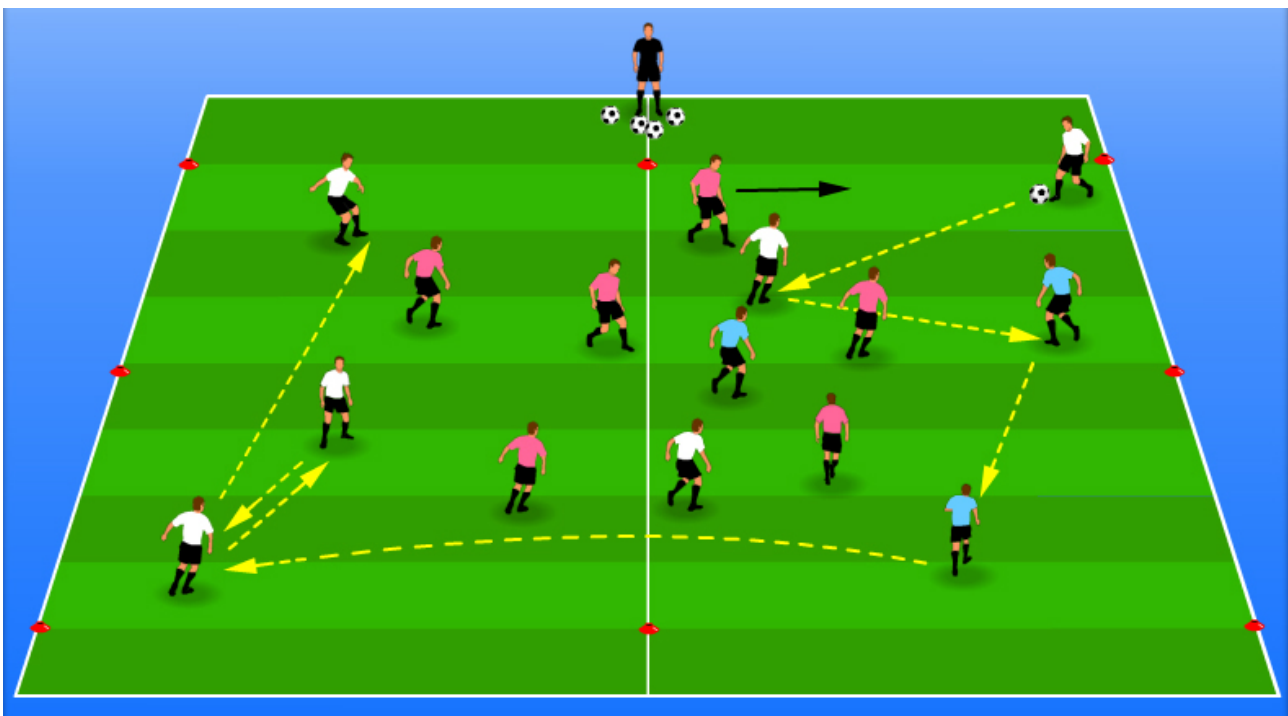
<b>Session:</b>	<b>RONDO - 6v6 + 3</b>		
<b>Date:</b>	-	<b>Coach:</b>	Ian Knapp (ianknappuk@googlemail.com)
<b>Duration:</b>	20 mins	<b>Equipment:</b>	Balls, 8 cones
<b>#Players:</b>	15	<b>Age Group:</b>	U12 - U18

## Introduction

This rondo is fairly intense, with a lot of players involved and constant transition between roles. It's probably not one for younger or inexperienced players, as it requires a good level of technical ability and awareness to keep possession in a small space with so many players involved. Making the area larger will make it easier if your team are struggling.

## Setup

- 28 x 20 yard rectangle (size of area to change depending on age / ability of players).
- 2 x teams of 6 players in different coloured bibs (whites vs pinks, below) plus three neutral players in a third colour of bib (blue, below).
- Teams play 6v6, whilst the neutral players play for the team in possession, creating a 9v6.
- Coach with several footballs to the side



## Rules

- Team in possession tries to keep the ball and execute as many consecutive passes as they can.
- Once the opposition win the ball back, the neutral players switch and play for them.
- Play for a set time (say, 3 minutes intensively) and then take a short break. Winning team is the one who managed the most consecutive passes before losing the ball.
- Rotate neutral players if required.
- If the ball goes out, coach sends a new one in immediately, to whichever team didn't just lose possession.

### General Coaching Point

- Encourage team with the ball to spread out and create width / depth. The team without the ball must be compact and close off the passing options. The transition between these two shapes is key and will constantly be happening as teams win / lose possession.

### Progressions / Variations

- Give points for a certain number of passes (i.e 1 point for 6 passes, 2 points for 10).
- Allow a goalkeeper to catch the ball / roll it back to a teammate.
- Use flat cones to split the area into quarters. Have one of the neutral players as a goalie. Each team has to pass the ball into the goalkeeper's hands in each of the 4 quarters to win the game.
- Make the practice directional by adding gates or small goals that the players have to score through.

## Key Coaching Points (FA's 4 Corners)

### Technical

- **"Passing empathy"** - direction and weight of pass
- **First touch** - direction, cushioning, onto back foot, the surface we use to control the ball (foot, chest, thigh etc.)
- **Spacing** - in possession we want to spread out and find space.
- **Speed of play** (play in one or two touch with pace)
- **Movement** off the ball / finding a space to receive a pass.
- **Choice of pass** (long between corner players, short, bounce pass / layoff etc.)
- Defensive **shape, organisation** and **energy** (one presses ball, others cover and block passing options)
- **Transition** from in possession to out of possession (and vice versa) - quick, "switch on" to the change of role. Can we go from width and depth in possession to being compact out of possession.

### Physical

- **Speed** of play
- **Body shape** when receiving a pass
- **Strength** to hold off opponents
- Work rate - you get a rest after 3 minutes. The rest of the time we want to see intensity and effort levels (**physical** and **mental intensity**).

### Psychological

- **Communication** (tell the player on the ball what to do with it)
- **Thinking ahead** and **decision making** - which player to pass to (decide BEFORE the ball has arrived with you)
- **Adapt** to coach constantly sending a new ball in (be "on your toes")
- **Speed of thought** - roles constantly changing as we win and lose possession.
- **Mental intensity** - really concentrate and engage in the practice.

### Social

- Working as a **team**
- **Encouraging** others and not being negative
- **Communication**
- Have fun!