



## Physical Distance Training – Rondos

### Organization:

Set-Up a box to accommodate either 4 or 6 players on the outside of the box. Set-up one or two interior boxes or triangles inside the main box with a 6-foot buffer zone between all of the boxes. Use either counter goals around the field or a coach can position themselves to receive a pass from the defender(s).

### How to play:

Play begins when a player completes the first pass. To score points players must connect a pass through the inner box(es) or triangle. Defender(s) can score by passing into a counter goal or to the coach. Defender(s) goes for 60 seconds, then rotate.

### Why:

Work on creating passing options.

### Variations:

Increase or decrease the width length of the grid.

Defender(s) must score goal to get out of the middle.

Count number of passes and points for going through square.

For double rondo, only allow one pass outside the square.

### Coaching Points:

Movement to receive ball, create passing lanes, angles, body shape to see options, scan options before receiving ball

Technical points for receiving and passing

Defenders “press” and cover to cut down passing lanes, move while ball is traveling.