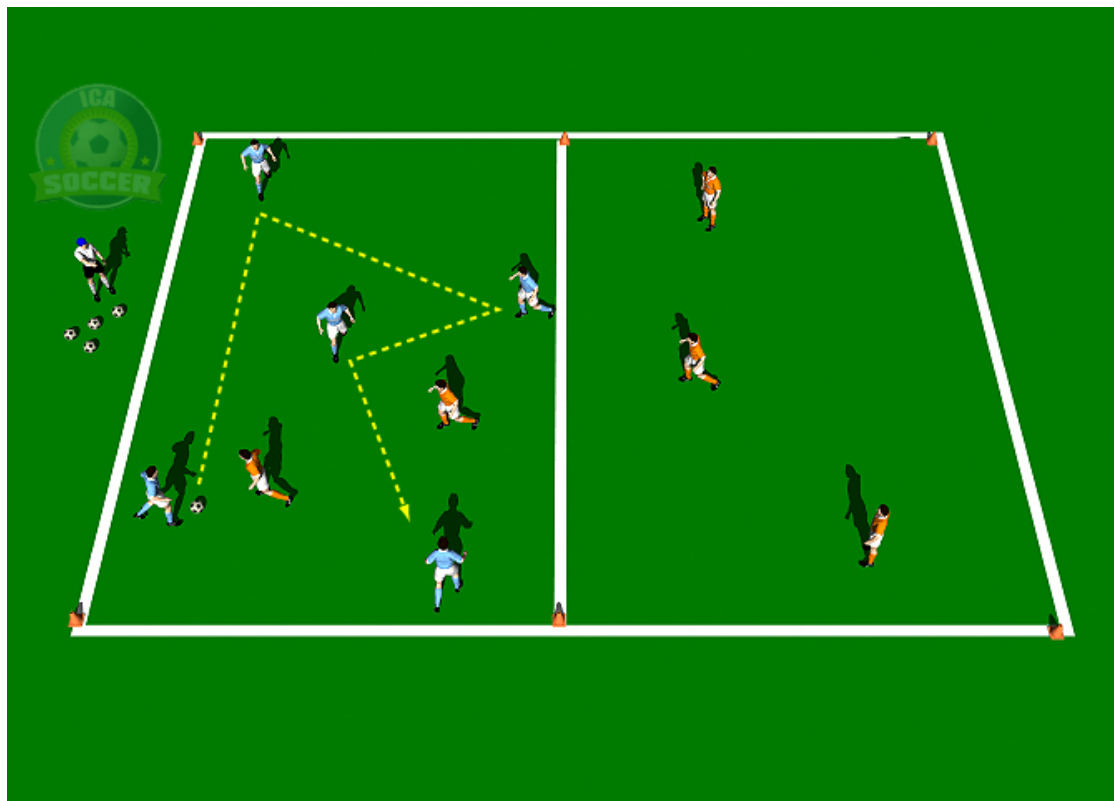


Rondo Pressure Drill



Exercise Objectives:

This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo defensive pressure.

Coaching Points

A team of 5 players are placed in each square. One team starts with the ball. The team is restricted to their own square. The team in possession must obtain 10 consecutive passes to get a goal. Two players from the opposite team move into the square to make it a 5 v 2 situation. If the ball is won by the two defenders, the drill is swapped to the opposite square. Now 2 blue players must defend. Alternate which players are defenders.

As a pre-cursor to this activity you can have the team's player handball 5 v 2, then move to possession drill.

Focus On:

- ★ Quick exchange of the ball, quality passing.
- ★ High tempo.
- ★ Quality technique.
- ★ Good support angles, must be deep and wide.
- ★ High tempo defending, work in pairs as you press the ball to force errors.
- ★ Good communication from both teams.