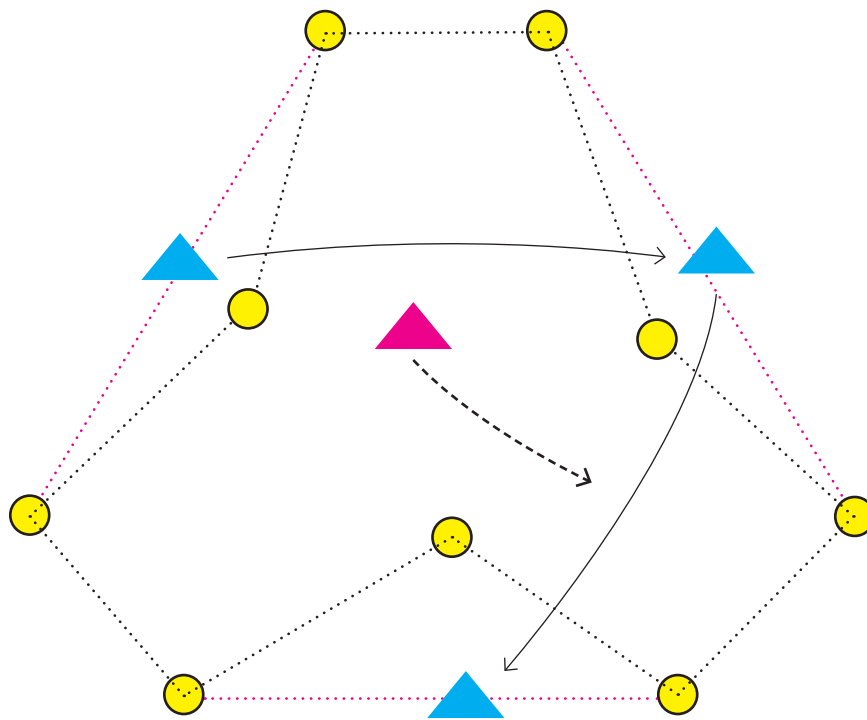


Rondo



Drill

- + Standard 'Rondo', blue players attempt to move the ball round the 'triangle'
- + Pink player attempts to intercept the ball (10 passes = 1 goal, change defender after 3 goals)
- + If the ball is intercepted or the pass is not completed, the last player to pass goes in
- + Outside players must stay on the invisible pink line, or go in the middle
- + (P₁) Two-touch
- + (P₂) One-touch
- + (P₃) Minimum of 3 touches

Coaching Points

- + Body shape and know where you are going
- + Be prepared to change your mind, maintain balance at all times