Coaching The Rondo - Rotation: Maintaining Shape

Written by The Coaching Manual



Focus - Maintaining Shape

Even though this Rondo can be utilised to coach rotation, it also promotes team shape and positioning to effectively use possession and positioning to advance up the pitch.

Passing lines can be created through movement and positioning, with diamond shapes (3 passing options on different horizontal/vertical lines) or triangle shapes (2 passing options on different horizontal/vertical lines).

Creating "Triangles"

Creating "Diamonds"

Set Up

Area 30x20 divided into 4 rectangle areas (15x10). 4vs.4 + 4 with 4 x Attackers (Yellow) set up with an attacker at each end of the rectangle (Yellow 5 and 9), and 2 x Attackers (Yellow 6 and 8) in the central areas.

Yellow 6 and 8 must occupy different rectangles and can rotate. 4 x Defenders (Red) in central areas and only 1 x Defender allowed in a rectangular area at any one time, although they can rotate.

4 x Support Players (Blue 2, 3, 7 and 11) positioned on the outside of the area. Support players can move along the full length of their designated line and when Full Backs (Blue 2 and 3) enter the line on areas 3 and 4, the Wide Attackers (Blue 7 and 11) can enter the rectangle area.

Task

Yellow Team (Attackers): Maintain positions and possession of the ball with the emphasis on going forward from Centre Back Yellow 5 to Forward Yellow 9, rotating through the middle and utilising passing options of support players, creating diamond and triangle shapes.

Blue Team (Support Players): Create passing options (triangles and diamonds) in wide areas to penetrate and advance forwards. Use rotation to create attacking overloads higher up the pitch, through overlapping and inverted runs.

Red Team (Defenders): If possession is won, play to Yellow 5 as quickly as possible, replicates a counter attack in a game, or maintain possession 4vs.2 in the central area.

Progression

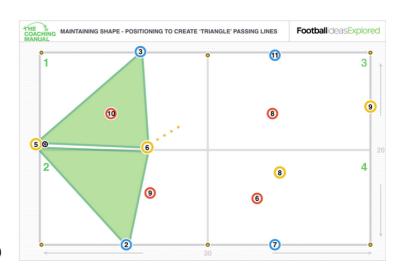
When the Attackers (Yellows) and Support Players (Blues) have success, add the condition that Defenders (Reds) can track back to allow 2 x Defenders in areas 3 or 4 when the Wide Attackers (Blue 7 and 11) move inside.

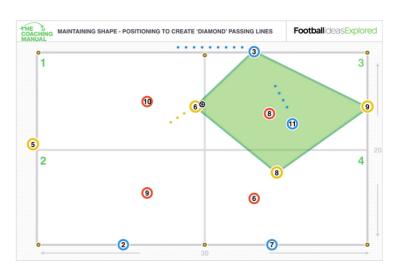
Key Coaching Points

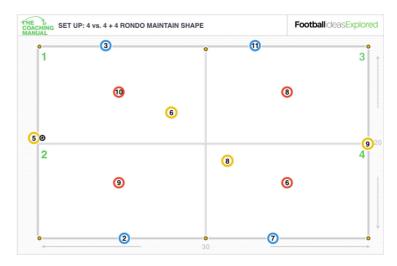
Angles and distances between the Full Backs, Wide Attackers and Central Midfielders (game realistic)

Timing of Movements and Rotation (when to come off the line and inside)

Quality, weight and decision of the pass (penetrate, play around or retain)







Detail

Movement (Rotation) to receive and create diamond and triangle passing options

Body shape to receive

Angles, distances and combinations to penetrate effectively

When to advance forwards and when to move inside

Understanding slow and quick play through the areas

Timing of passes - "La Pausa"

Use the 3 passing lines (in front of defence, around defence & through defence) to create opportunities to penetrate

Passing options around, behind and ahead of the ball

Communication

Phase 1 - Shape to play out from the back

The movement and positioning of the Pivot (Yellow 6) creates a passing triangle in area 1 between the Centre Back (Yellow 5) in possession, the Left Back (Blue 3) and the Pivot (Yellow 6) to play out from the back, whilst creating space for the Centre Midfielder (Yellow 8) to advance and exploit the space on the weak side in area 4.

Phase 2 - Shape to support the attack

With the Pivot (Yellow 6) in possession in area 3, a diamond passing shape is created with the Left Back (Blue 3) pushed forwards, the Centre Midfielder (Yellow 8) providing a passing option in-field and the Forward (Yellow 9) in an advanced position.

The positioning of the Pivot (Yellow 6), Full Back (Blue 2) and Centre Back (Yellow 5) would offer balance and defensive support in a game situation.

Conclusion

This rondo reinforced the key concepts of rotation, movement and passing whilst reinforcing team shape. This enables the Attackers to penetrate opposition lines and advance up the pitch through creation of angled passing options and diamond/triangle shapes.

Coming soon....

Our next theme in the Rondo series will be around 'Pivot Play' with specific focus on the Defensive Midfield Pivot No. 6.

