

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)



