

# Coaching The Rondo - Wide Rotation

Written by The Coaching Manual

## Break the pitch down and paint the picture for your players

The below image demonstrates the 2 areas of the pitch that are the focus in the Wide Rotation Rondo;

### 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 Wide Players (Blue 2, 3, 7 and 11) positioned on the outside of the area. Wide 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 move inside into the rectangle areas.

### 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.

**Blue Team (Wide Players):** Create passing options 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

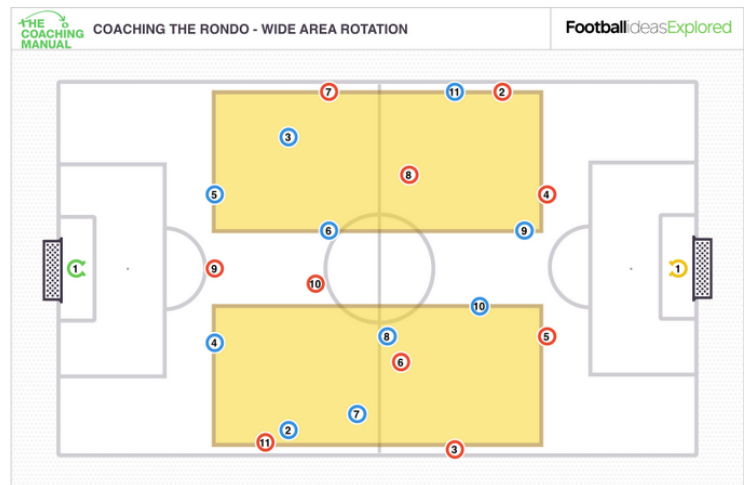
When the Attackers (Yellows) and Wide Players (Blues) have success, add the condition that Defenders (Reds) can track back to allow 2 x Defenders in areas 3 or 4 when the Wide Attackers (Blue 7 and 11) move inside.

### Key Coaching Points

1. Angles and distances between the Full Backs, Wide Attackers and Central Midfielders - Ensure your players are using the space effectively as they would in a match.
2. Timing of Movements and Rotation - help them learn when to come off the line and go inside.
3. Quality, weight and decision of the pass - Help them learn when to penetrate, play around or retain the ball.

### Other things to think about.

- Body shape to receive
- 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 - Drawing in the opposition

In this Rondo we would encourage the Pivot/Defensive Midfielder (Yellow 6) and Central Midfielder (Yellow 8) to play on opposite sides of the pitch; meaning if the Pivot player was in area 1 or 3 then the Central Midfielder would occupy area 2 or 4.

In game situations, this would then give balance and structure to provide a central passing option that is able to combine and create attacking overloads in small areas, or to switch play and exploit the weak side of the pitch when on to do so.

This is achieved by maintaining possession and drawing in the defence to one side of the pitch in order to create space behind the first opposition line (Red 9 and 10).

In the above image, the positioning of the Midfielders (Yellow 6 and 8) has created a 4vs.1 in area 1, physically stressing the Red 10 and creating opportunities to advance up the pitch whilst retaining the ball.

## Phase 2 - Inverted wide players

When the oppositions first defensive line is penetrated and the ball moves into areas 3 or 4, the Full Backs (Blue 2 and 3) may advance forwards.

This allows the Wide Forwards (Blue 7 and 11) on the same line to invert/move inside to provide a passing option, as demonstrated in the image above.

The positioning of the Pivot (Yellow 6) allows the Left Back (Blue 3) to perform an overlapping run and provide a wide passing option, as Blue 11 moves inside to provide options in attack.

## Phase 3 - Switching Play

Both Full Backs (Blue 2 & 3) have the opportunity to advance forwards in the Rondo, allowing the Wingers (Blue 7 & 11) to push inside and offer options closer to the Striker (Yellow 9).

The switch pass from the Pivot (Yellow 6) opens the pitch up and exploits the space on the opposite side for the Full Back (Blue 2) to receive. When the ball advances into areas 3 and 4, the central midfielders (Yellow 6 & 8) will anchor the attack as the Full Backs advance.

## Conclusion

Coaching your players to recognise when, why and how to rotate in wide areas is a key attacking tool that can free up Full Backs to advance forwards and overload wide areas, allowing Wide Forwards to invert and pressurise the opposition defensive line.

