

Playing on different Lines and Channels Rondo Practice

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Set Up

🕒 20 mins 👤 12 players ⚽ 1 ball 👕 12 bibs 🚧 9 cones 📏 30x20 area



Key Coaching Points

- Angles and distances
- Timing of movements
- Quality of the pass

Set Up

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

Blue 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 (Green 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 (Green 2 and 3) enter the line on areas 3 and 4, the Wide Attackers (Green 7 and 11) can move inside into the rectangle areas.

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

Green 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 Blue 5 as quickly as possible, replicates a counter attack in a game, or maintain possession 4vs.2 in the central area.

Make it more challenging:

1. Challenge players individually
2. Encourage players to play in 1-2 touches
3. When the Attackers (Blues) and Wide Players (Greens) 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 (Green 7 and 11) move inside

