



GOAL	Rondo Pass and Movement					
	Quick Passing and Movement to Retain Possession					
	Being focused on positive touch and moving into space to be an option					
	U9+					
PLAYER ACTIONS						
KEY QUALITIES						
MOMENT	All	DURATION	90-Min	PLAYERS	10 to 12	

SKILL ACQUISITION: Ball Mastery: Being clean on receiving a pass and making a quick pass to next player; **Vision:** Being focused on the movement of the ball and where there is space to move into to be an option to maintaining possession of the play; **Movement:** Looking to move to space and creating angles to the ball allowing teammates to see options for pass

1st PLAY PHASE (Passing and Movement) **DURATION: 30-MIN - INTERVALS: 3 ACTIVITIES: 27-MIN - REST: 1-MIN**

Activity 1

Activity 2

Activity 3

#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	One-Touch Grid (No Follow of Pass)	6	1
2	One-Touch Grid (Follow Pass)	6	1
3	Rondo Circle	15	1

OBJECTIVE: This is a warm-up to get players warmed up for passing and movement.

PLAYER ACTIONS: Players will be required to be clean on their touch and passing to maintain possession of the ball during the exercise.

ORGANIZATION: Set-up for the first two activities in a 3-to-4-meter x 3-to-4 meter passing grid as shown in diagram.

Activity 1: 1 Place players on cones (depending on the number of players, add another passing grid to allow players to move and touch the ball more frequently versus standing awaiting their turn). Ball is served by Player (A) as shown in the diagram. Ball is played to next player using only one touch to the next player as shown in the diagram until the ball comes back to the start. After each player makes a pass, they move to the back of the group, so the next player is in position to complete the next pass. **Activity 2:** Same as Activity 1 however, players are now following their pass. Once they complete their follow, they are at the back of the line awaiting their next touch and follow. **Activity 3:** Position players into a large enough circle where two players can be positioned inside. This is a game of Rondo where the objective is for players on the outside to move the ball and keep it away from the players on the inside. If a player on the outside loses possession due to a poor pass, they switch with the player on the inside they lost possession with and the play continues. **RULE: Activity 1:** If the pass is off, reset and start the drill again. Players to count how many one-touch passes they are able to get without a bad pass. This will help increase their ability to communicate by counting out loud. Once a player has made the pass, they need to move quickly out of the way for the next person in line. **Activity 2:** Same rule as Activity 1. Include however is crisp movement to the net cone. Players should be driving to the next cone quickly in order to be ready for the next pass. **Activity 3:** Players on the inside are not to go to ground to tackle. This is a passing drill not a defending drill. If players on the outside are able to pass between the defenders, player stops and the players inside the circle are to do 5x push-ups. If players are finding the drill too easy, then make the circle smaller. This will speed up the passing because the players are closer to the ball. Players on the outside will therefore need to be very focused on the drill.


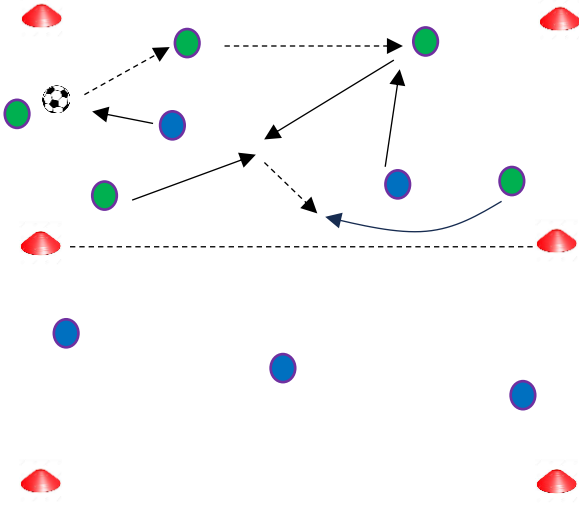
KEY WORDS: Players to be in the ready position always to be able to respond to the ball's placement so that the play can continue.

GUIDED QUESTIONS: Why do we need to be able to move quickly?

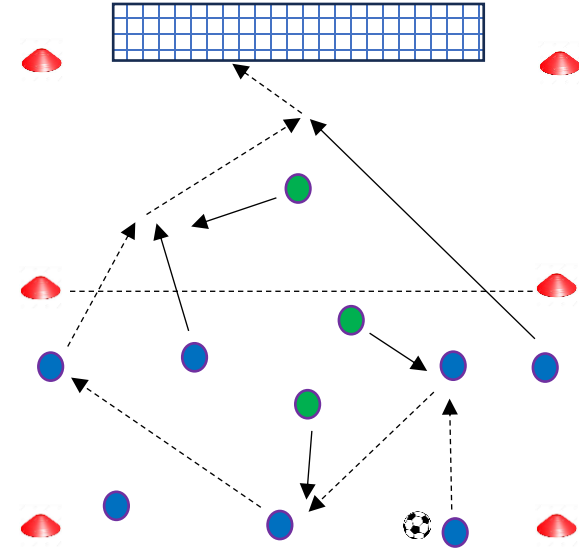
ANSWERS: If we are slow in moving to the ball, we can lose possession to the opposing players. If we pass slow, we make it easier for the opposition to intercept the ball where again we lose possession.

Note: For the more advanced groups, if they are very strong in their pass and movement, look to introduce a second ball. This is a tremendous step up on a basic drill that increases speed and complexity. This is a fun warm-up session so have fun with it.




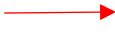

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Passing with both legs - Balance - Coordination - Agility - Over-lapping runs 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Difference in two-touch and one-touch - Passing while in motion - Understanding over-lapping runs - Looking to pass between defenders 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Being able to see if players can beat their passing record as a fun challenge 	<ul style="list-style-type: none"> - Focus on the path of the ball to prepare to make a successful one-touch pass - Being able to understand passing technique - Being focused and prepared for reaction

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CORE ACTIVITY: Rondo with Quick Transition		DURATION: 20-MIN - INTERVALS: 2 ACTIVITIES 18-MIN - REST: 1-MIN					
		<p>OBJECTIVE: Getting players used to using the rules of Rondo in a larger playing area with a transition component.</p> <p>PLAYER ACTIONS: Players will be required to maintain possession. If they lose possession, the opposing team has possession and tries to maintain the ball.</p> <p>ORGANIZATION: Set-up the session as shown in the diagram (size will depend on the number of players). Divide the players into two groups. One team starts with possession in their grid with two players from the opposing team having two players to challenge and try and get the ball. RULES: Players in possession are required to try and get 5-complete passes to get a point. If they make 5-passes, play continues for another 5-passes to get another point. If the team loses position, the ball is played immediately by the team that gets possession back into their grid to now try and get 5-passes to get a point. When the ball is played into the other grid, two players from the team that lost possession will move to the other grid to try and win the ball back and pass it back into their grid. The team with the most points through session wins. Teams should try and do as many one-touch passing as available to help them learn the speed of play and importance to their positioning in relation to the ball.</p> <p>KEY WORDS: Be ready to pass. Watch for the ball to receive and then pass. Shapes in this drill are triangles to help emphasize the importance of this shape in the game.</p> <p>GUIDED QUESTIONS: What can you tell the player with the ball when you are ready to receive a pass?</p> <p>ANSWERS: Come up with the words to use for receiving ball like "ready", "yes", "send", etc.</p> <p>Note: Depending on the skill of the players, the grid can be shrunk to make the passing and play quick. If a team finds they are getting too many points without loss of possession, stop and give the ball to the next team. If the skills are more dominant on one team, look to switch up the teams. Stop playing for coaching moments such as looking to get the players to look for their shape and angle to the ball. This is to help players think not just about movement but where they are in relation to the ball.</p> <p>If there is an odd person out, have the player be a neutral player that the team in possession can use. This neutral player will play on both sides of the playing field.</p>					

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<ul style="list-style-type: none"> - Quick reaction - Passing with both legs - Balance - Coordination - Agility - Frequently moving throughout the playing area 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Difference in two-touch and one-touch - Learning body posture for receiving pass - Learning to not wait for the pass - Creating angles to the ball to both pass and receive a pass to maintain possession 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Competition with your team to get points 	<ul style="list-style-type: none"> - Focus on the path of the ball to prepare to receive - Being able to understand passing and positive movement - Seeing how the first drills helps in game-like play; developing understanding on play

CORE ACTIVITY: Rondo to Attack		DURATION: 40-MIN - INTERVALS: 4 ACTIVITIES 9-MIN - REST: 1-MIN			
		<p>OBJECTIVE: Expanding on quick Rondo possession game that leads into an attack on goal.</p> <p>PLAYER ACTIONS: Players will be required to maintain possession. Once they complete the minimum required passes, they can transition into attack for a quick shot on goal.</p> <p>ORGANIZATION: Using the same grid used for the previous drill, the goal is now added to the game. Players are divided into two teams; one with attackers and one with defenders; attackers have more players. RULES: Team in possession is required to make a minimum of 5 passes. Once they have completed the pass, the team must transition into attack ending with a shot on goal. There is no long dribbling in this drill. This is a pass and movement into shape and angles of play to always support the ball. Only 3 attackers can attack and 2 defenders. After a goal is scored, switch the defenders to ensure all players are participating in the attacking team. If the defenders get possession of the ball, they get a point. If 5-passes is getting too easy, add more passes required before being able to strike on goal.</p> <p>KEY WORDS: Be ready to pass. Watch for the ball to receive and then pass. Shapes in this drill are triangles to help emphasize the importance of this shape in the game. Be ready for making runs to be an option for pass.</p> <p>GUIDED QUESTIONS: What can you tell the player with the ball when you are ready to receive a pass?</p> <p>ANSWERS: Come up with the words to use for receiving ball like "ready", "yes", "send", etc.</p> <p>Note: Remember to review with players the movement drills from earlier especially on over-lapping runs. This drill can be used for 4vs1, 5vs2, 6vs2, 7vs3, 8vs3, 9vs3, etc.</p> <p>Players continue to demonstrate quick passing and the use of the one-touch pass when there is an opportunity to play it. There is no keeper. Players should be playing the ball for a supporting player to take a one-touch strike on goal.</p> <p>For the more experienced players, include a rule where they are assigned an area of the field to simulate positions and space, they are responsible for. This will help better understand how Rondo plays a role in how the game can be played.</p>			

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FIVE ELEMENTS OF TRAINING EXERCISE			TRAINING SESSION SELF-REFLECTION QUESTIONS			
<ol style="list-style-type: none"> ORGANIZED: Is the exercise organized the right way? GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? REPETITIONS: Are there repetitions when looking at the overall goal of the session? CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) COACHING: Are the coaches comfortable with the session and able to present the details to their players? 			<ol style="list-style-type: none"> What was the goal of the training session? What did you do well in the training session? What could you do better? 			
SESSION PLAN SYMBOLS						
 Training Disc  Pass Ball  Running w/o Ball  Run with Ball						