

Soccer Rondos: The Key To Better Training Sessions

The Art of Soccer Rondos

Soccer Rondos, also known as "Piggy in the Middle," is a popular training exercise among soccer players and coaches. It involves players forming a circle and passing the ball around while one or two players try to intercept it. Rondos are not only fun but also highly effective in improving players' technical skills, decision-making, and overall game understanding. In this article, we will explore the benefits of incorporating Soccer Rondos into your training sessions.

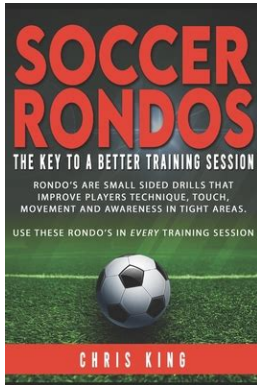
Improved Technique and Ball Control

Rondos require players to constantly control and distribute the ball under pressure. This helps players sharpen their passing, receiving, and ball control skills. By practicing in a confined space with opponents aggressively pressuring them, players learn how to make accurate and quick decisions, improving their technique and ability to keep possession even in tight situations.

Enhanced Decision-making Abilities

Soccer Rondos demand players to be attentive, evaluate their surroundings, and make split-second decisions. They learn to anticipate opponents' movements and choose the most effective passing option. This improves their decision-making abilities on the pitch, helping them become more adaptable and intelligent players.

Soccer Rondos - The Key To A Better Training Session: Use Rondos In Every Training Session To Improve Your Soccer/Football Team (Training



Sessions for Soccer Coaches Book 3)

by Chris King (Kindle Edition)

★★★★☆ 4.5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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Developing Vision and Awareness

Rondos allow players to develop their vision and awareness of the game. The small-sided environment, combined with the constant pressure from opponents, forces players to be aware of their surroundings at all times. They learn to scan the field, identify passing lanes, and communicate effectively with their teammates. This increased awareness translates into improved on-field performance, as players become more perceptive and capable of exploiting spaces and creating scoring opportunities.

Increase in Speed of Play

The fast-paced nature of Soccer Rondos encourages players to think and play quickly. The limited time and space available force players to move the ball rapidly, promoting a high tempo and fluid passing. This increase in the speed of play helps players adjust to the fast-paced nature of real matches, enabling them to react faster and execute their actions with precision.

Team Building and Communication

Playing Soccer Rondos promotes teamwork and effective communication among players. The exercise requires constant communication, both verbal and non-verbal, to maintain possession, coordinate movements, and create passing options. Players learn to trust each other, develop a strong understanding of their teammates' playing styles, and build relationships on and off the field. This camaraderie can have a significant impact on team dynamics and overall performance.

The Rondo Workout Plan

Now that we understand the benefits of Soccer Rondos, let's explore how to incorporate them into your training sessions effectively. Here's a sample Rondo workout plan:

Warm-up

Begin with a thorough warm-up routine, including dynamic stretches and exercises to prepare the muscles for intense activity.

Technical Drills

Start with individual technical exercises like dribbling through cones, passing against a wall, or practicing one-touch passes without any pressure. This will help players focus on their technique and build confidence before moving on to the Rondo session.

Rondo Practice

Set up a circular playing area, ensuring there is enough space for players to move and pass the ball around comfortably. Divide the players into groups, with one or two defenders in the middle. The remaining players form the circle.

The defenders must try to intercept the ball while the circle players aim to keep possession for as long as possible. Encourage quick movements, crisp passing, and constant player rotations to challenge the defenders and promote a high-tempo practice.

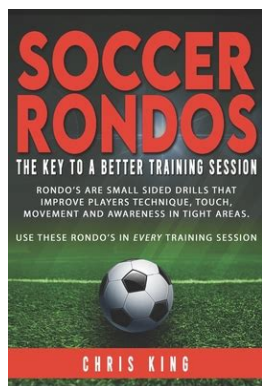
Progression and Variations

Once the players are comfortable with the basic Rondo, introduce variations to keep them engaged and continuously challenge their skills. You can reduce the playing area, increase the number of defenders, or limit the touches allowed to promote quick decision-making and movement.

Cool-down and Reflection

Finish the session with a cool-down routine, including static stretches and light exercises to relax the muscles. Encourage players to reflect on their performance, discuss strategies, and offer feedback to each other.

Soccer Rondos are a valuable tool when it comes to improving a team's overall performance. By incorporating Rondos into your training sessions, you can enhance players' technical skills, decision-making abilities, teamwork, and match awareness. So, next time you head out to the training pitch, remember the power of Rondos and unleash the true potential of your team's soccer skills!



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Rondo's are small sided drills that improve players technique, touch, movement and awareness in tight areas.

This book will show you the importance of the rondo and give rondos that you can implement straight away into your sessions. They should be incorporated into EVERY training session that you run.

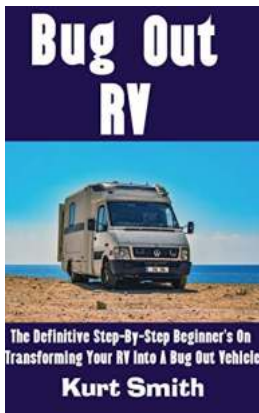
A player can touch the ball twenty to forty times in a 5 minute rondo. Plus they are meaningful touches that require players to adjust and pass the ball as if they were in a game scenario. Compared to if it was a basic, static passing drill, players may only touch the ball 5-10 times and it isn't a realistic, pressure environment.

After the warm up, get the players straight into a rondo. You will see their enjoyment and engagement improve almost instantly and it sets the standard for the rest of the session.

Rondos will help:

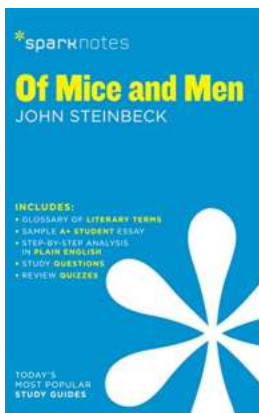
- Improves technique in tight areas
- Encourages intelligent movement
- Improve players passing in triangles

- Improve the players press with maximum efficiency
- Help players close passing lanes
- Improve the players enjoyment at training
- Improve payers ability to read the intentions of the opposition
- Improve the intensity of the training session



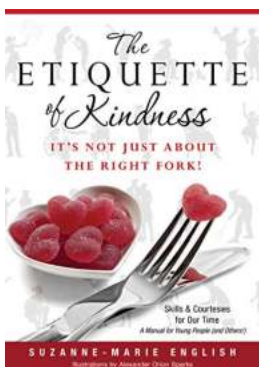
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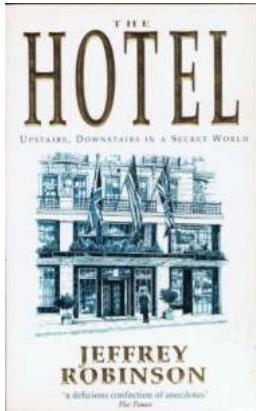
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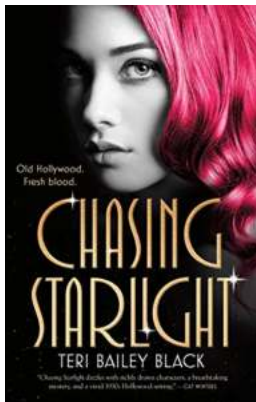
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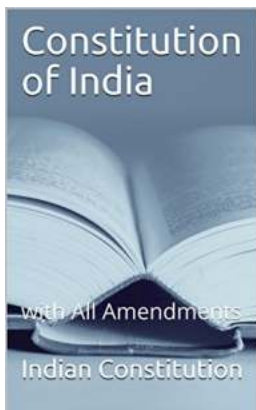
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