

# Rondo (Warm Up)

## Setup

- Area: 4m x 4m box (adjust based on numbers and skill level)
- 5 players on the outside, 1 defender inside
- Minimum 4 on outside (advanced groups)
- Maximum 5–6 on outside for developing groups
- If numbers are large, create 2–3 boxes
- Place a pole or cone 15 metres away from each box

## How It Works

- 1 Players on the outside keep possession using quick passing and movement.
- 2 The defender inside attempts to win the ball.
- 3 Every 2 minutes, coach calls “RUN!”.
- 4 All outside players sprint to the pole 15m away and return quickly to their position.
- 5 Play resumes immediately.
- 6 Complete 5 sets of 2 minutes (total 10 minutes).

If the defender wins the ball, they switch with the player who lost possession.

If the same player is repeatedly stuck inside, coach may use discretion to rotate players from the outside.

## Coaching Cues

- Open your body.
- Scan before receiving.
- Quick decision.
- Angle of support.
- Pass and move.
- Encourage constant movement along the perimeter — do not stay stationary.
- Play away from pressure.

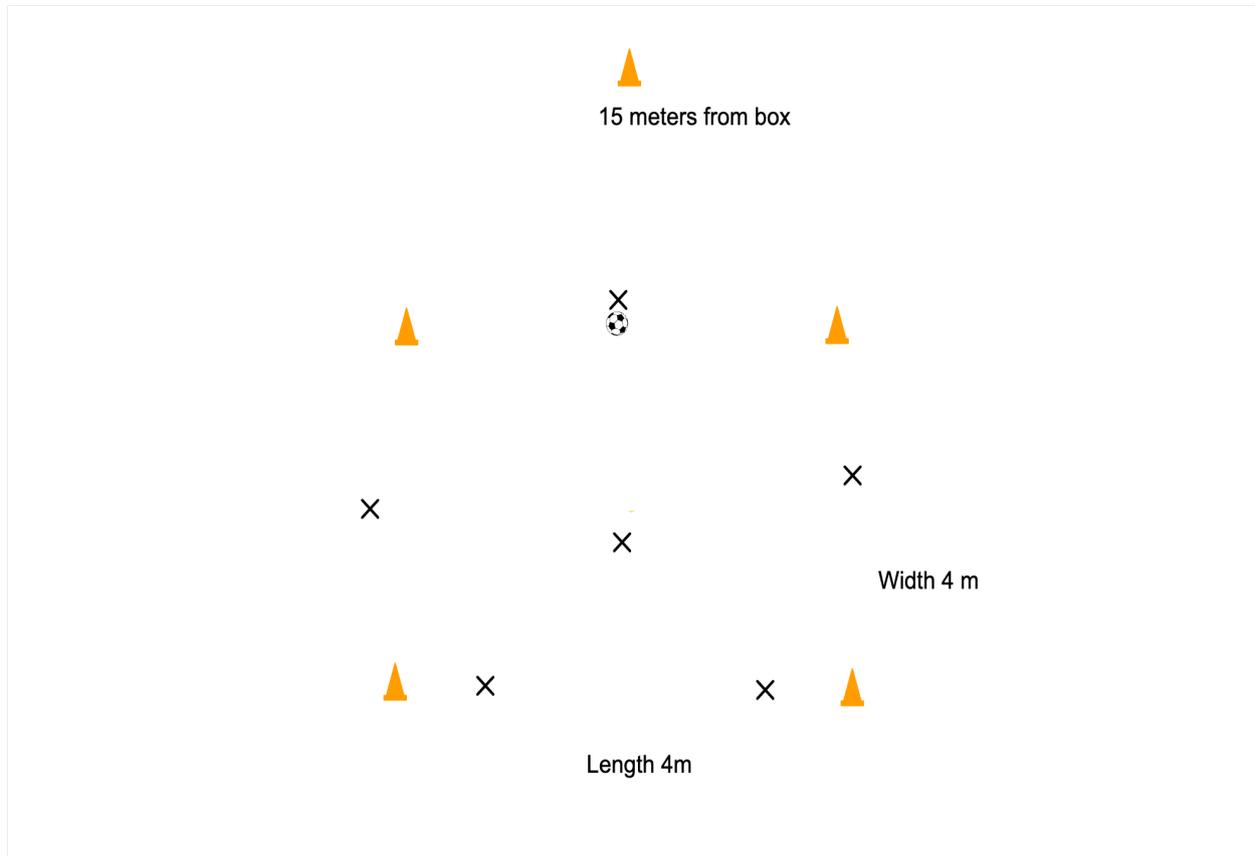
## **Progressions**

- Start with maximum 3 touches.
- Progress to 2 touches.
- Progress to 1 touch if successful.
- Add counting game (how many passes in a row?).
- Add second defender (5/6 outside, 2 inside).
- Reduce size of the box.
- Defender change on coach's call.

## **Adjustments**

- Make the box bigger if possession is breaking down too easily.
- Add more players to the outside.
- Change to circle shape instead of square.
- Remove touch restriction.
- Remove run to pole if intensity drops.

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## Notes

- The box measures 4m x 4m and is created using 4 cones placed in each corner.
- 5 players position themselves on the outside of the box.
- 1 defender starts inside the box.
- A pole or cone is placed 15 metres away from the box for sprint calls.
- Encourage movement along the perimeter — players should not remain stationary.