

# 30 FINISHING RONDOS

by Luca Bertolini



# **30 Finishing Rondos**

*By*

*Luca Bertolini*

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Authors – Luca Bertolini  
Editor - Tom Mura  
Cover Art By - Barrie Smith



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## **Introduction: the Possession Principles of Play**

Soccer is an attacking game whose objective is to score against another team by winning the battle against the opposition's defense. Principles of play underpin all the aspects of the game and they can be coached from the first stage of a player development.

If a player is able to understand these principles, he can make better decisions regarding skills, techniques, and tactics.

Whenever we refer to the possession phase concerning a specific team's tactics, to a system of play, or to a player's tactics, it comes from and it must be coached following the five principles of play of the attacking phase:

- **Penetration:** dribbling and passing forward, or shooting, attempting penetration. The first objective, when the possession is won back after a transition phase, is to get the ball forward by the using a shot, dribble or pass. First of all, these must be individual reactions of each player and only when the technical skills are improving, then it's possible to work on team play combinations to move the ball up the field. As combination play depends on a decision-making process, the player technical and tactical skills for a good execution must be coached first of all.
- **Depth and Support:** depth provides the player on the ball with all around support so that there are options to play the ball forward, square or back. The more options a player has, the less likely the team will lose the ball. Creating depth means creating space up the field. On the other side, support means to create space in behind the player in possession of the ball to save the possession if it's not possible to play forward. Support is linked to depth because a back pass can be useful to create a depth space behind the opposition defense line if the angles and the distance of support are correct. We can now talk about triangles; if a player is in possession, he should find a teammate in depth position and another one backward with a different angle.
- **Mobility:** movement on the ball and off the ball is important so that players can create space for themselves or for their teammates. Players without the ball need to keep moving to unbalance the opponent's defense, and by making "runs" into positions that will create scoring opportunities or create space for the teammates near the ball, making the field as big as possible. This principle progresses from the player on the ball in the first stage of training (under 11 years old), the players near the ball in the second stage of training (11/12-14 years old), and those away from the ball (from 14 years old). The idea of "timing of play" becomes very important now.

- **Width:** creating space sideways on the field for opportunities to attack on either flank of the field. Usually the wide shape is considered useful to save possession rather than to attack; but thinking about how the players can take advantage of the available space moving towards, along or inside from the sidelines, wide play can have dramatic impact on the opponent's defense. If the opposition defense is compact then there are more chances to attack down the flanks. If the opponent spreads out to the attacking team's width, center passing lanes should allow penetration.
- **Improvisation:** individual ideas to create passing or shooting opportunities for themselves or for teammates. Clever dribbling or passing to overcome the opponents and to create open spaces for attackers. It must be always encouraged all over the field beginning with the younger ages and it should be coached through the years, to make the player understand when and how it's a good solution for the possession/attacking phase.

## Finishing

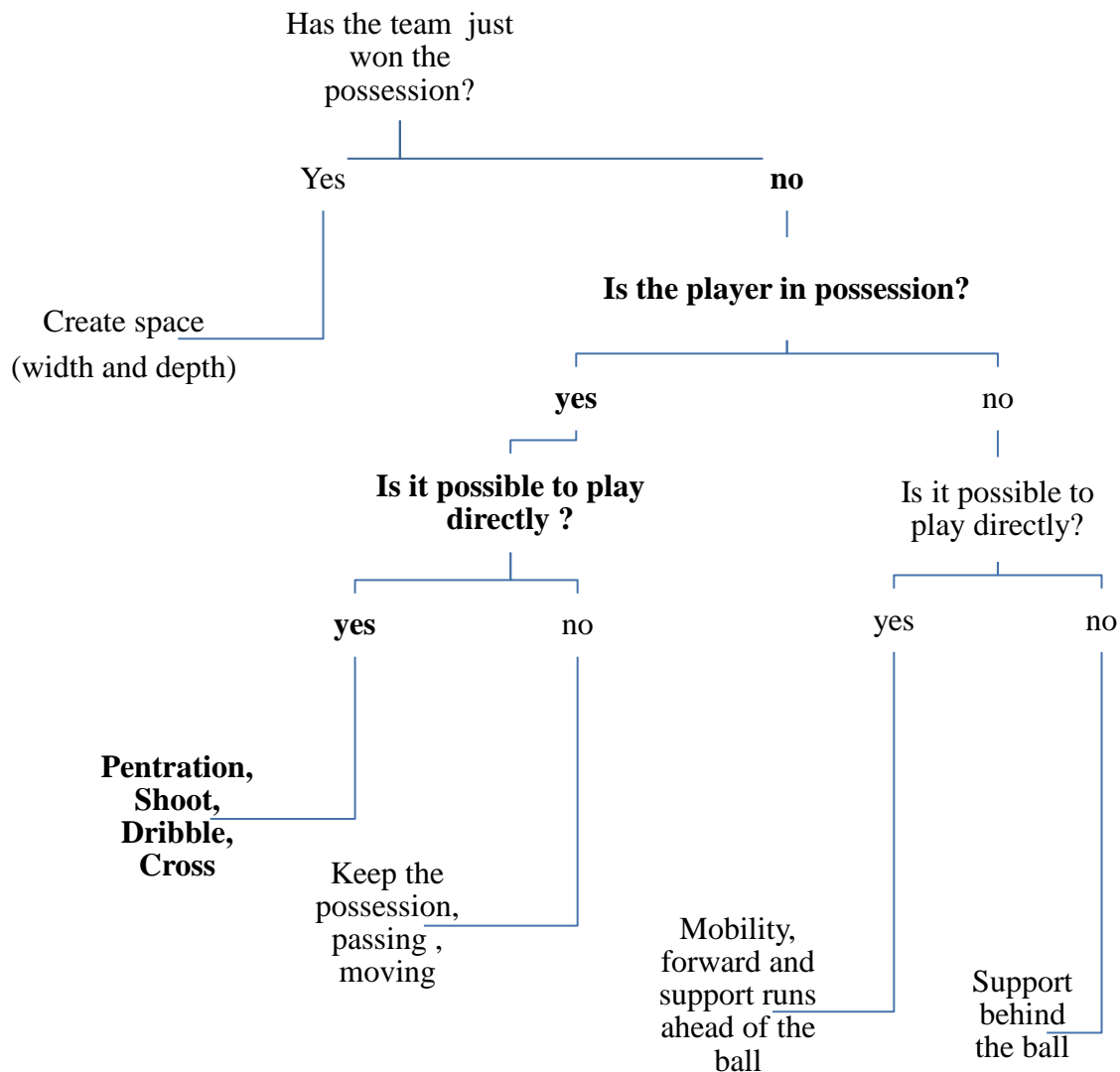
This is the last but most important principle of play for this ebook. It means successfully scoring a goal; shooting with the right timing wherever the player is placed or has come from. The finishing phase doesn't involve only strikers as all players shall be able to shoot and score and all of them should be skilled with these elements:

- Shooting quickly when presented with an opportunity. The practices should replicate the game situations as much as possible, in and around the penalty box and with opponents trying to prevent shots.
- Positions of the players, movement on and off the ball to create space, and body positioning to receive all the kinds of passes and to shoot.
- Coach the technical skills to strike a ball while moving away from the forwards to be able to finish receiving balls from wide positions and with the back to goal.
- The offside rule during the game of youth players, it has to be included while performing the shooting sequences. Include the offside rule also during crossing and finishing exercises, to coach the player to attack the space between the opposition defense line and the goal with the right timing. It's not necessary during the first seasons.
- Be sure the players not only shoot, but score as much as possible.

### The technical and tactical skills of the players when in possession

<b>Player technical skills to finish or to create a chance for a teammate to finish</b>	<b>Player tactical skills to finish or help a teammate to finish</b>
Receiving	Position
Passing	Body position
Turning	Relation and reaction with teammates
Runs off the ball	Space
Dribble	Time
Feints	Opposition
Shooting	Free from the marker

## The decision making process when in possession to take a move to the finishing phase



Finishing rondos can be useful to coach penetration, dribbling, crossing and shooting from short distances sequences, when the team is already in possession, and it's possible to play directly to try to score. All the other players off the ball, they work on all the elements of the flow chart.



## **From possession phase to finishing phase.**

As we have already realized in the first two volumes of this e-book set, 35 Possession Rondos and 30 Transitions Rondos, everything that happens during those 90 minutes could be linked to a rondo: passing, passing combinations, receiving, oriented ball control, one-touch and two-touch play, vertical play, wide play, inside/outside play, pressure, closure of passing lanes, coverage of a space, intercept, playing rhythm, speed of play, individual transitions (when a player loses the possession and when a player wins the possession), change of positions between the players, exchange of positions among the players.

The finishing phase is the consequence of all these sequences; the player technique and tactics to solve these situations can be coached and improved through rondo exercises; and the finishing phase is the last of four to be run during each single move or a lot of these:

1. Building-up
2. Moving and circulating the ball, in search of penetration or wide play
3. Penetrating the opponents
4. Finishing

Then it's very important to have an idea and a tactical plan on how the team can play during all these phases, if we talk about an adult first team, or to coach all the possible individuals' acts if we refer to the youth players.

It's also very important to understand that if possession or transition rondos can be useful to coach the players inside the game situation, finishing rondos are improvement exercises and they can't be a ultimate way to coach the whole finishing phase; a shooting phase must always be coached as preparatory phase to complete the finishing rondos objectives. Finishing Rondos are linked with team tactics more than the others.

These shooting exercises are mainly technical and tactical, but just from a "player point of view" and they include

- Continuous free shooting sequences
- Shooting from cross passes
- One touch shooting
- Simple give and go sequences and the inside group activity
- Inside runs
- 1 v goalkeeper
- 1 v opponent and goalkeeper
- Finish outnumbered

## **How to practice Finishing Rondos: the key points.**

These are the key points to organize, to practice and to correct a finishing rondo exercise:

- Small sided space: rectangular, square, grids or any needed shape
- Main goal with goalkeepers and another one or mini goals to finish after transition to attack and to save after a transition to defend
- Players must be have a specific position inside and outside the shape, but they don't play all around and the shooter are not only to forward one.
- Sizes of the shape must be related with the number of players and the objectives of the exercise
- Balls shall be always available next to the playing area
- Fix a passing and receiving rhythm before finishing
- Stay on the balls of the feet with an open body shape and be ready to receive the ball from any side or forward directions
- Pass forward if possible; those are the killer passes to score
- Speed of thought
- Speed of play
- Have fun and bring energy to the group. A player who is having fun is being trained twice
- Underline the great passes and finishing solutions
- Creativity and teamwork must go together

## **What are the benefits of coaching a player with rondos?**

### **Speed of thought related to the number of touches:**

Players must think very quickly during a game as well as during the rondos exercises, as the ball is passed and received very quickly. Rondos can help the players to understand when to play quickly and when to put their foot on the ball and slow the rhythm down depending on how close the opposition player is.

Players get 20-40 touches within five minutes during rondo training. This might be the same number a player gets in a whole match. So, if a player is coached through rondo exercises, he must think and play with high rhythm many more times than in a 11 v 11 match; for this reason he is supposed to be ready enough when he plays matches.

### **Technique, Mobility & Agility:**

The players are asked to be skilled at a good level to keep the possession during a rondo exercise sequence; the ball moves very quickly in a rondo and then the players need to execute very fast as well. Rondo does not build skill quickly; these exercises improve the skills with an already good basis. If the players must work fast, their motor, mobility and agility skills are improved at the same time.

It's easy to fix how many touches players can take as a coach, but by using rondos, 1 or 2 touches, the passing/receiving sequences, are ensured without any rule. Playing in tight spaces forces the players to have a good first touch and also to realize if they need to take a first touch away from an opponent. The same is for the movement to open up the passing lanes for their teammates. Passing, receiving and moving become habits thanks to these repetitions.

### **Team tactics:**

Rondos can be considered a first team tactical work during the possession phases, as the players with the ball are always more than two and with numerical advantage.

Coaches ask their players to move constantly, and through rondos they will be used to moving, whether it's 2 yards or 10 yards. This also helps the players with the understanding of passing lanes, where to find them, and how to move in to give a teammate a passing option.

Using rondos in training sessions can help players to understand when, where, and how to overload an area to keep the possession or to exploit a weak area or side among the opposition defenders.

When the defending players are two or more than two, we can consider the rondos as first team tactics work for the defense phase of play. Basically, the understanding between the players is very important, as they begin to work as one unit.

### **Problem Solving & Creativity:**

Rondo tests the player's skills to problem solve the entire time as they play fast and with high rhythm. The players in possession must be creative to break down the opposition's pressure or a defense line, as they are always under strong pressure if in possession and they must be organized to recover the ball.

Not all the passes are perfect and rondos can help the players to learn how to improvise if a pass is short or played harder than expected. For instance, most of Barcelona Academy players are able to pass

with any surface of their feet or of their bodies; these skills are built up through the rondo exercises inside small-sided spaces.

### **Competition and Have Fun:**

Rondos are always very fun for the players and they make the practices healthy competitions to train at high intensity and rhythm. The skills to keep the possession of the ball in tight spaces against the strong pressure of the opponents can be useful for any team even if they are not Barcelona.

### **Physical Conditioning:**

With rondos a team may work on anaerobic resistance by varying the space, time and number of players involved and even on specific soccer stamina.

### **How the Rondo e-books collection is organized**

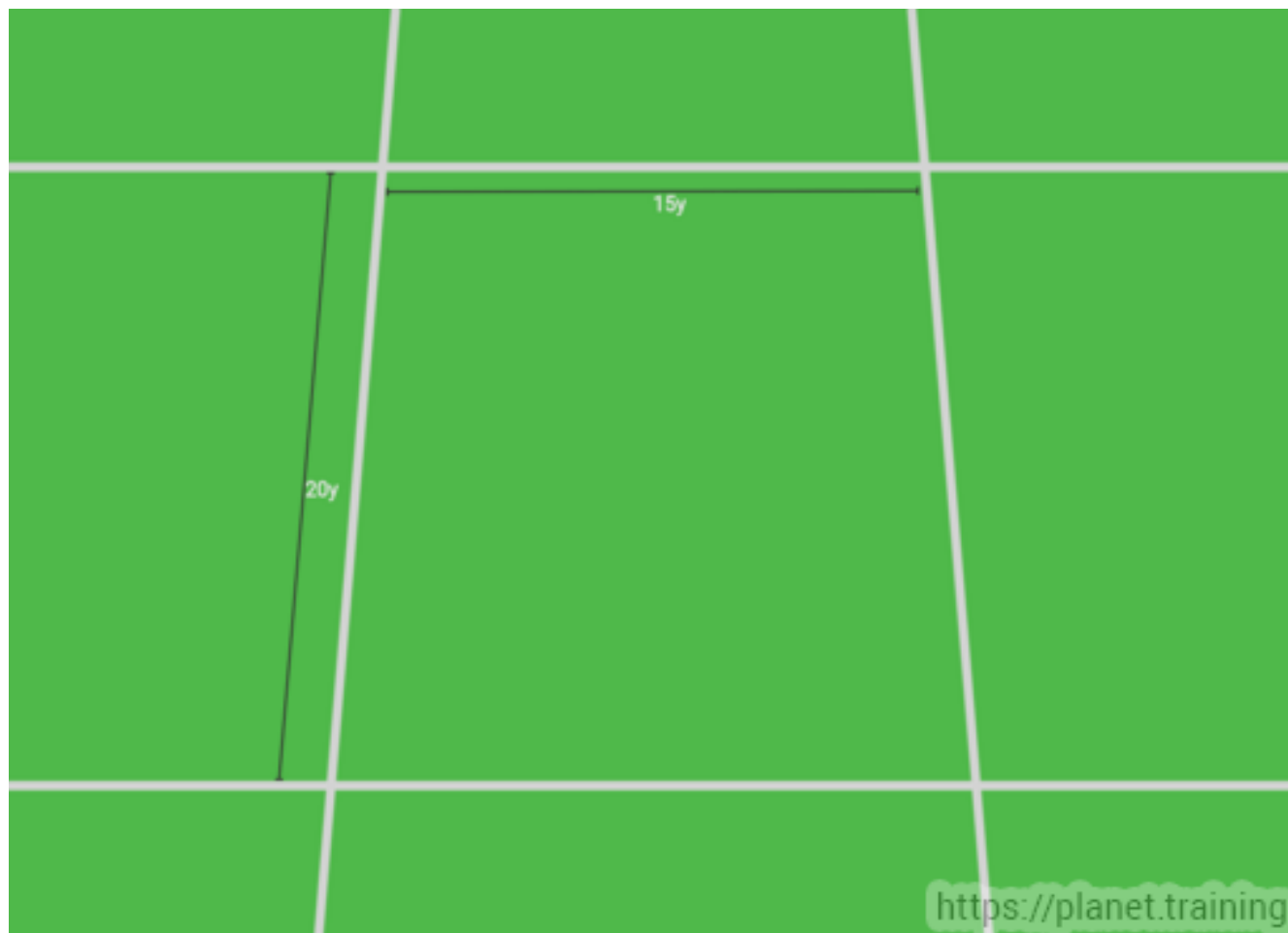
Rondos are not only possession games, and they can help players to understand how to change their positions, how to exchange positions between two players and among more players, how to play the transitions to attack and the transitions to defend. They can help the players to be unmarked before finishing as well.

This collection is then divided in three volumes:

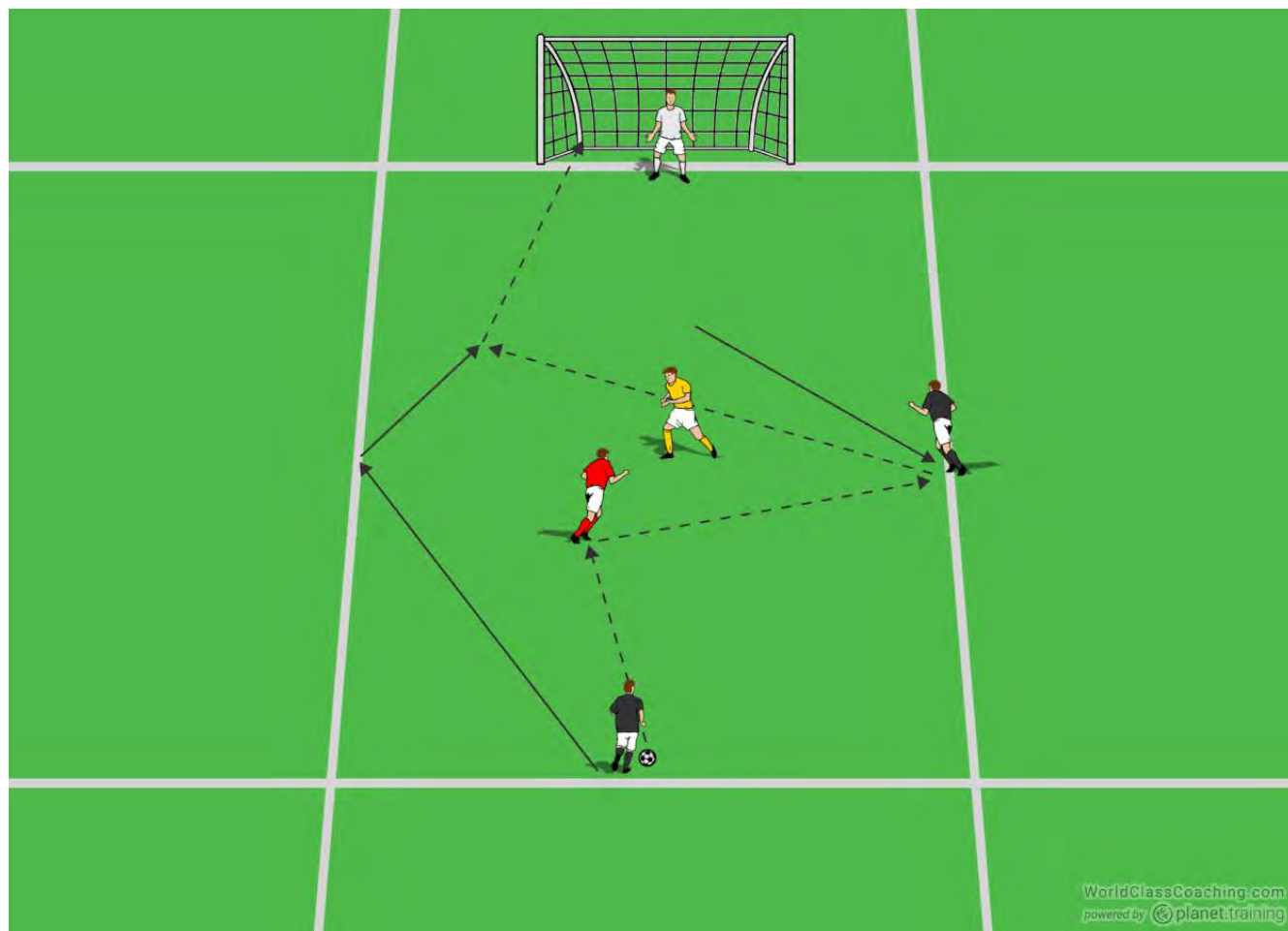
- The first volume is about Possession Rondos
- The second will be about Transition Rondos
- The third one will be about Finishing Rondos

**Note: possession phases to wait and to find the right time and space to carry out the requirements are implied in all the exercises.**

## Single grid Rondos (1)



## Exercise 1: 2 + 1 v 1 - Third man finishing (1)



### Sequence

Two black players are placed along one of the longer sides of a rectangle and along one of the shorter sides. One neutral player and one defender are placed in the middle of the deep rectangular playing space. The objective for the couple in possession is to pass the ball forward to the neutral player, to move wide to receive from behind the defender to open an available space. The third man who started the sequence is the one who finishes after a change of direction and an inside run. The neutral player can attack the second time of the ball to finish.

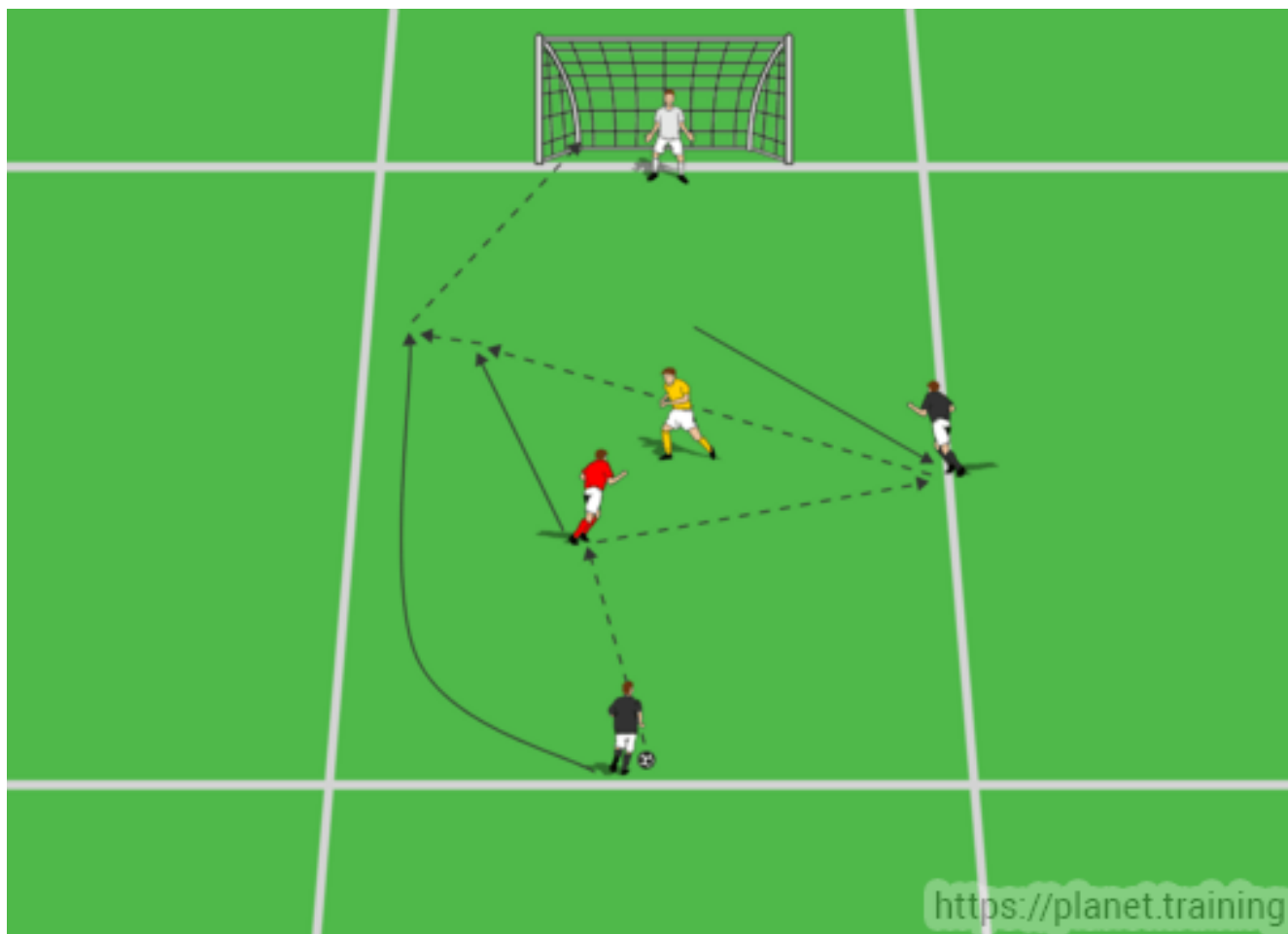
### Variations

- The defender can shoot directly if he wins the possession
- The couple in possession must finish within a fixed limit of time
- Keep the possession for a minimum amount of time before shooting
- The neutral player supports the defender after a save of the goalkeeper or a rebound

**Eye on:** finish as third man, cover the passing or shooting lanes, win the second time of the ball to finish.



## Exercise 2: 2 + 1 v 1 - Third man finishing (2)



### Sequence

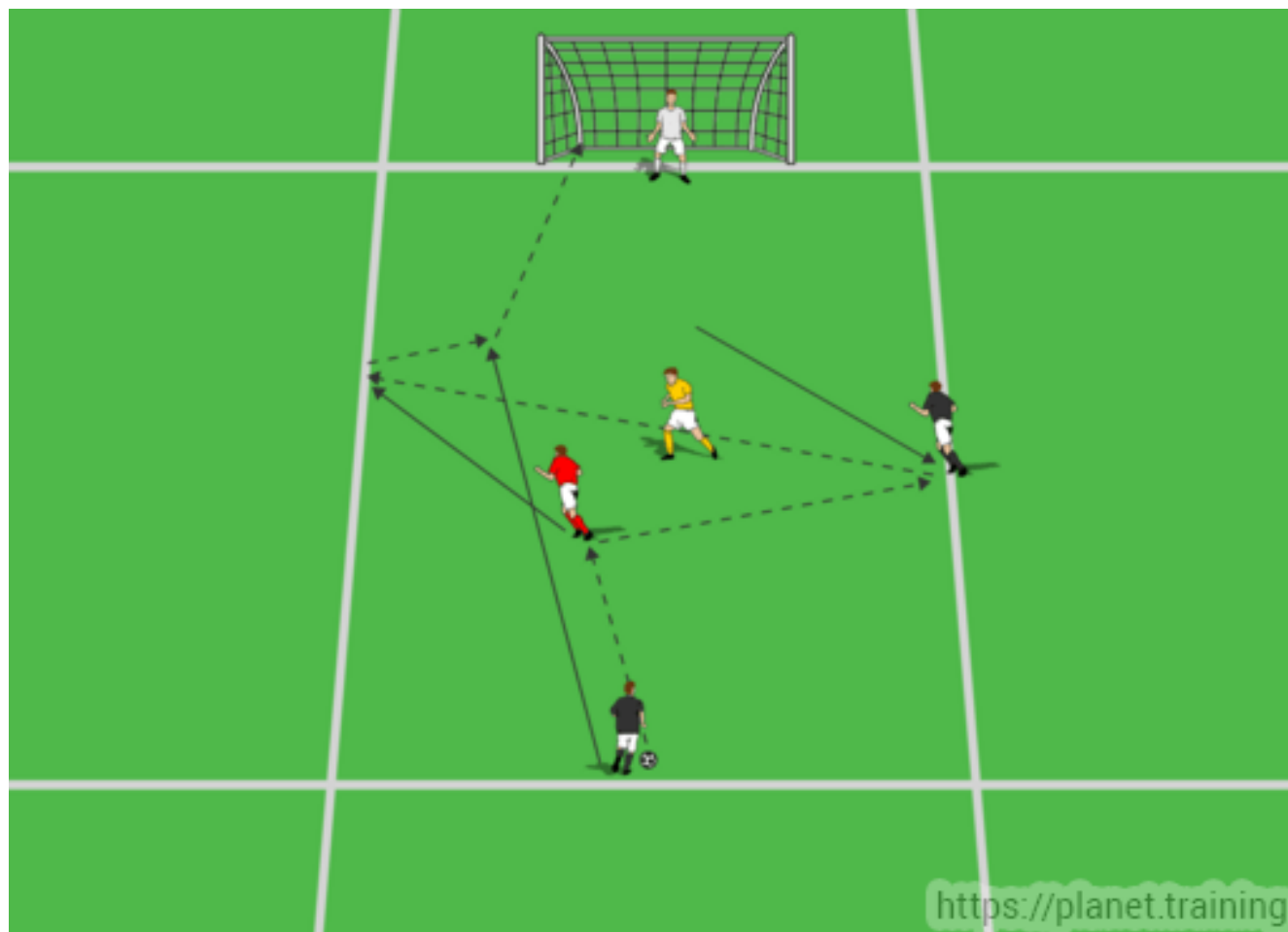
Two black players are placed along one of the longer sides of a rectangle and along one of the shorter sides. One neutral player and one defender are placed in the middle of the deep rectangular playing space. The objective for the couple in possession is to pass the ball forward to the neutral player and to move wide to receive from behind the defender to open an available space. The third man who started the sequence is the one who finishes after an overlap run to receive the ball from a triangle passing sequence between the wide player and the neutral one. The neutral player can attack the second time of the ball to finish. The defender is asked to cover the overlap run of the forward.

### Variations

- The defender can shoot directly if he wins the possession
- The couple in possession must finish within a fixed limit of time
- Keep the possession for a minimum amount of time before finishing
- The neutral player supports the defender after a save of the goalkeeper or a rebound

**Eye on:** finish as third man, cover the overlapping lanes, win the second time of the ball to finish.

### Exercise 3: 2 + 1 v 1 - Third man finishing (3)



#### Sequence

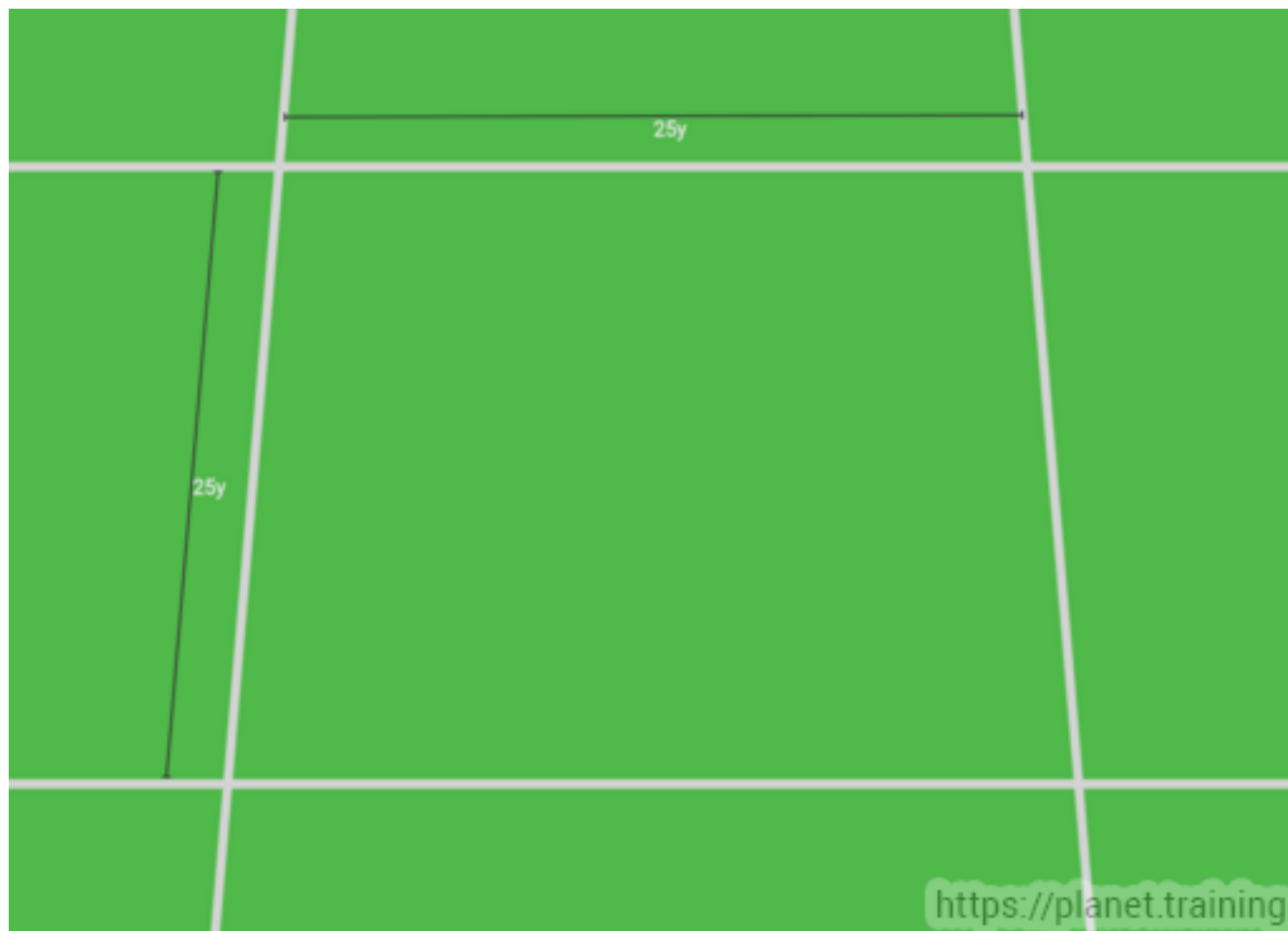
Two black players are placed along one of the longer sides of a rectangle and along one of the shorter sides. One neutral player and one defender are placed in the middle of the deep rectangular playing space. The objective for the couple in possession is to pass the ball forward to the neutral player and to move wide to receive from behind the defender to open an available space. The third man who started the sequence is the one who finishes after an inside run to receive the ball from a triangle passing sequence between the wide player and the neutral one, who receives the return pass wide on the opposite side of the first pass. The neutral player can attack the second time of the ball to finish. The defender is asked to cover the inside run of the forward.

#### Variations

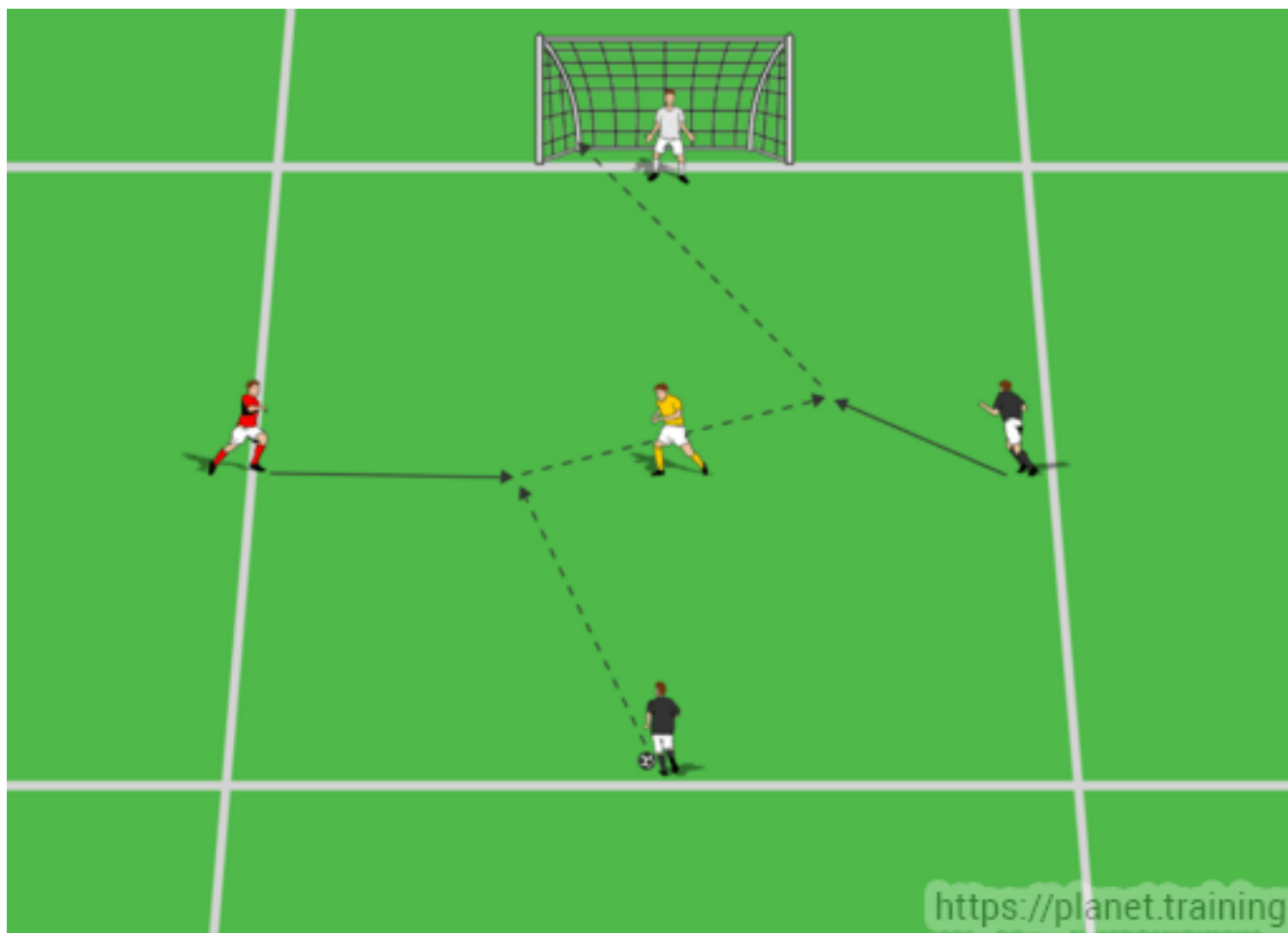
- The defender can shoot directly if he wins the possession
- The couple in possession must finish within a fix limit of time
- Keep the possession for a minimum amount of time before finishing
- The neutral player supports the defender after a save of the goalkeeper or a rebound

**Eye on:** finish as third man, cover the inside runs lanes, win the second time of the ball to finish

## Single grid Rondos (2)



#### Exercise 4: 2 + 1 v 1 - Combine and finish with one touch



#### Sequence

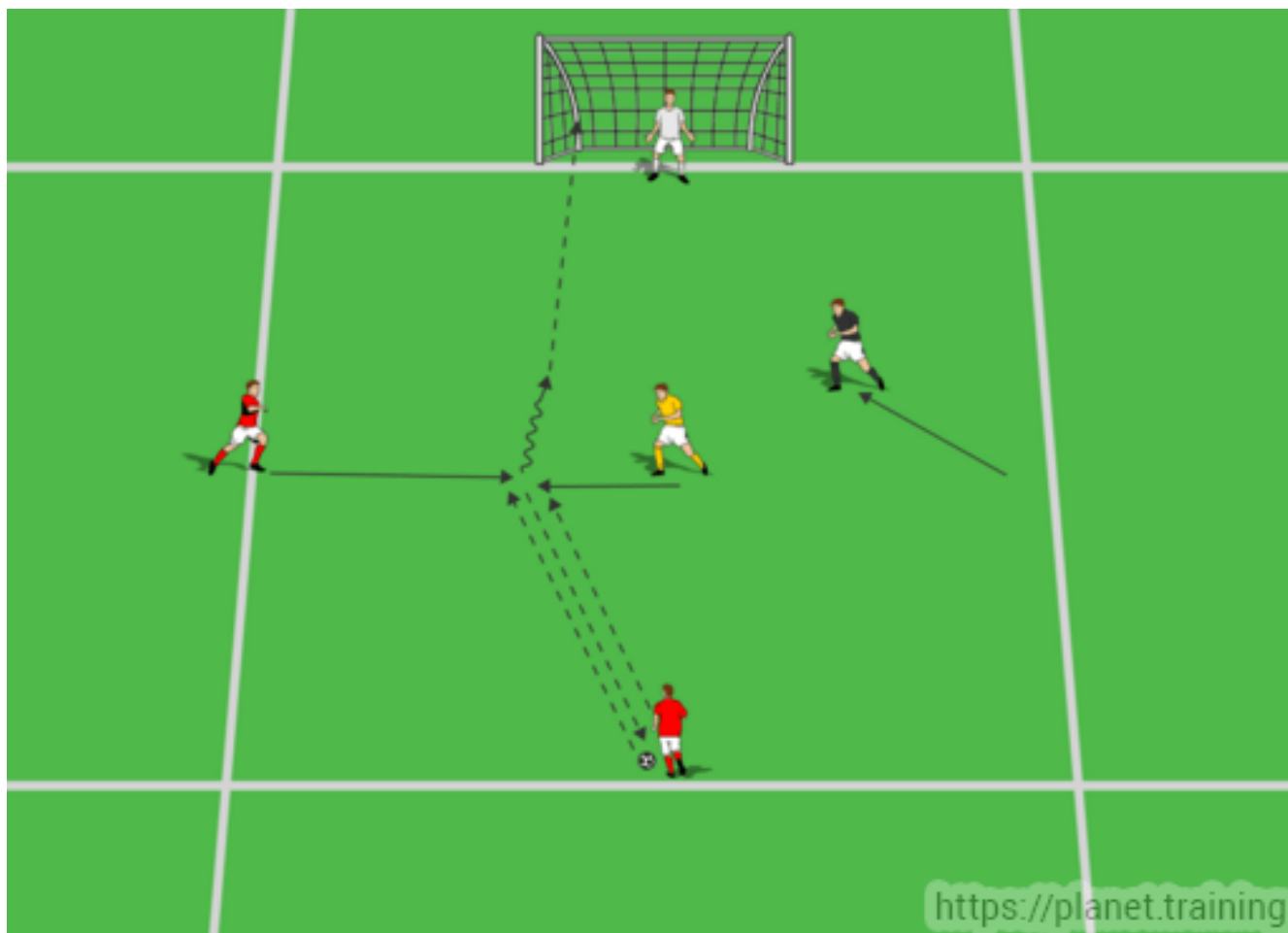
Two black players are placed along two sides of a square playing space. One neutral player is placed along the third side and one defender is placed in the middle. The objective for the couple in possession is to keep the possession for a minimum amount of time together with the neutral player. After this limit of time, the neutral player can decide when to run inside to receive the ball from the lower player; this sequence must bring the opposite wide player to finish with one touch behind the defender. The neutral player must change the side of positioning every whenever a new sequence starts. The defender can decide to cover the inside run of the neutral player or of the finishing player.

#### Variations

- The defender can shoot directly if he wins the possession
- Ask the players to carry out a fix combination passing sequence to keep the possession
- The neutral player supports the defender after a save of the goalkeeper or a rebound

**Eye on:** one touch accuracy, cover the inside runs lanes, timing of movement off the ball.

### Exercise 5: 1 + 2 v 1 or 2 v 2 - Combine and finish with one touch (1)



#### Sequence

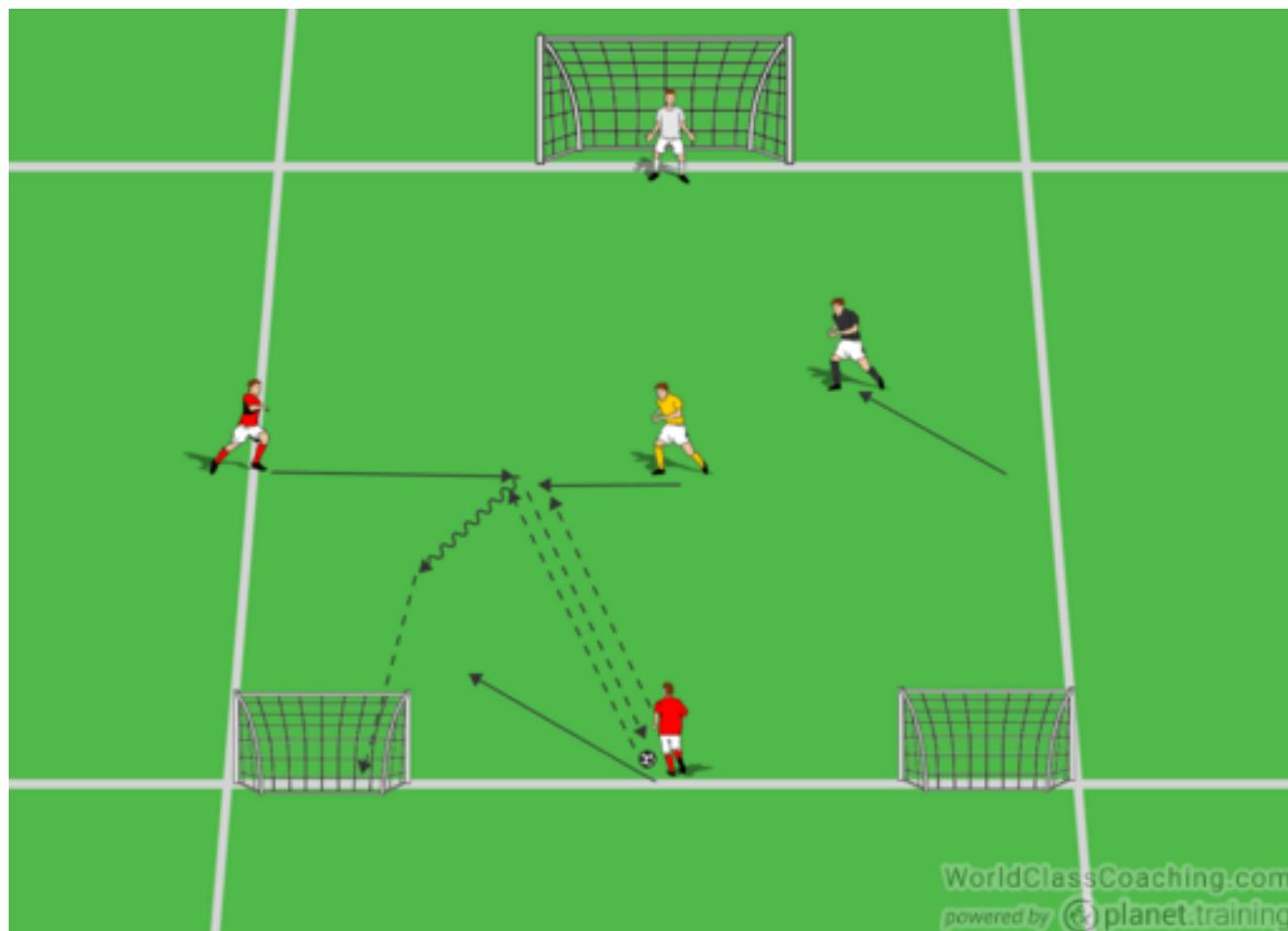
One black player is placed along one of the wide sides of a square playing space. Two neutral players are placed along the lower and the opposite wide side. One defender is placed in the middle. The objective for the attacking player and the neutral ones is to combine to keep the possession first and then to finish as in the previous exercise. In this variation, if the defender wins the ball, he must play a backward and forward passing combination with the lower neutral player in a momentary 2 v 2 transition duel, before finishing.

#### Variations

- Ask the players to carry out a fixed combination passing sequence to keep the possession
- The second neutral player supports the defender after a save of the goalkeeper or a rebound creating a new 3 v 1 duel.
- Fix a limit of time to finish for the defender as he is not forced to play and shoot with one touch

**Eye on:** one touch accuracy, cover the inside runs lanes, quick passing combination to finish as the possession is won, run away from the ball to receive deep.

## 1 + 2 v 1 or 2 v 2 - Combine and finish with one touch (2)



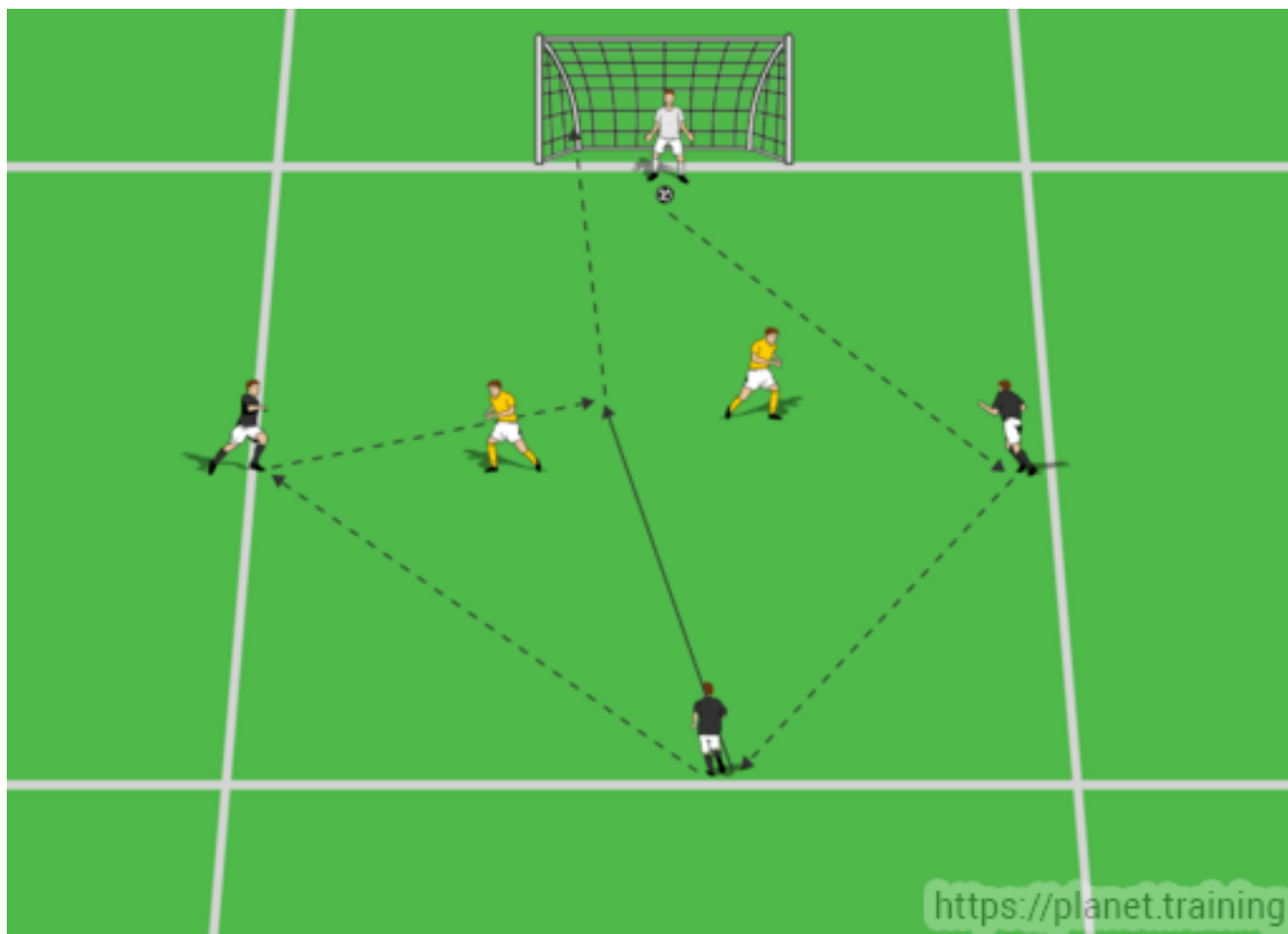
### Sequence

In this further variation of the previous exercise, the objective for the attacking player and the neutral ones is the same of the previous exercise. But if the defender wins the ball, he must play a forward and backward passing combination with the lower neutral player in a momentary 2 v 2 transition duel, before finishing in one of the mini goal on the opposite side of the main goal.

**Eye on:** one touch accuracy, cover the inside runs lanes, quick passing combination to finish as the possession is won, run toward the ball to receive and finish.



## Exercise 6: 3 v 2 - Combine and finish with one touch



### Sequence

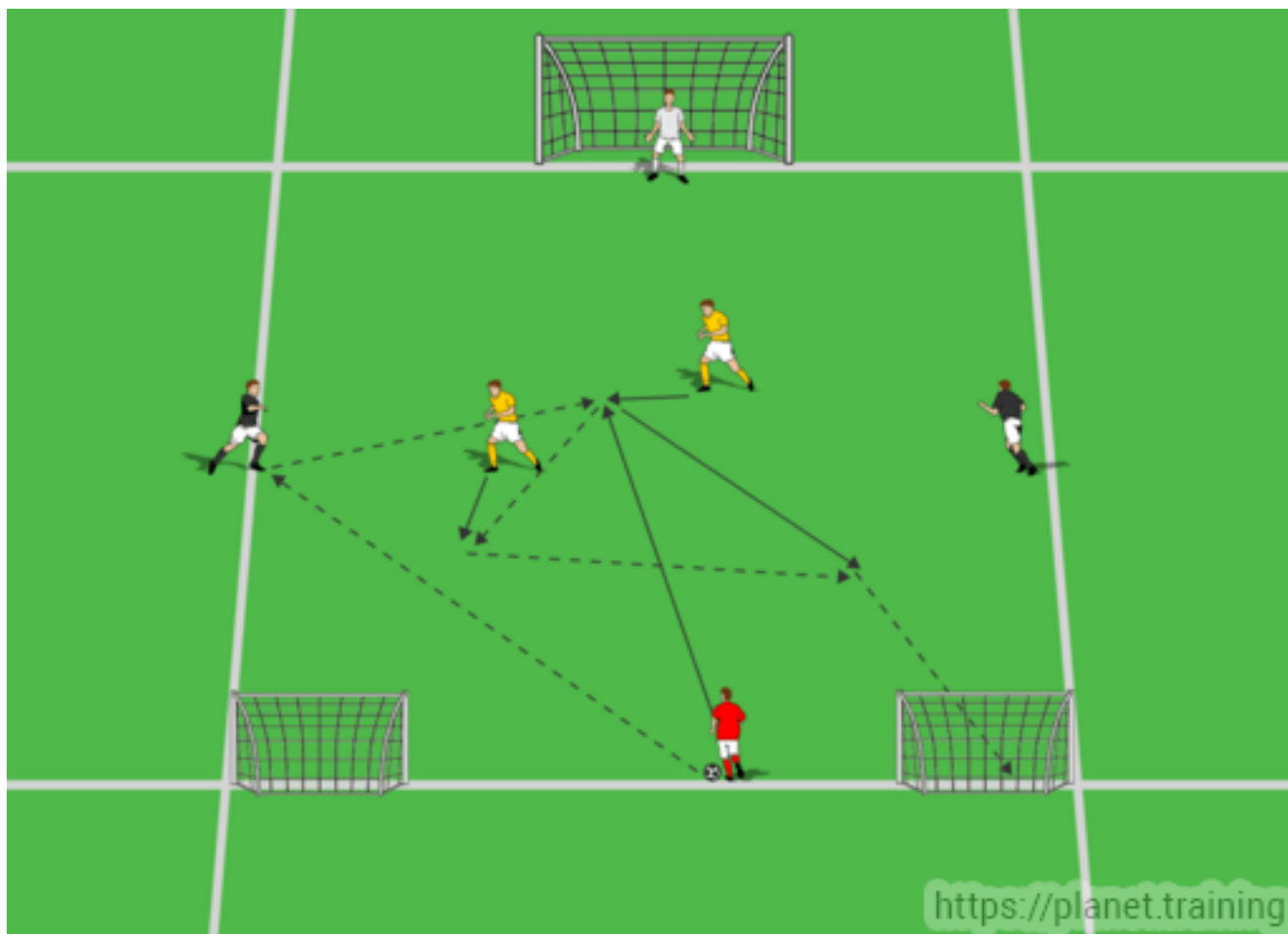
Three black players are placed along two wide and the lower sides of a square playing space. Two defenders are placed in the middle. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep the possession for a minimum amount of time passing and receiving with one or two touches. When the goalkeeper sends out a signal, or just after the time limit, the lower players must run inside and receive behind the defender to finish after a triangle passing combination; all this final sequence must be played with one touch. The defenders work on mark and coverage of the space cooperation; if they win the ball, they can shoot directly.

### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the three black players
- Fix a limit of time to finish for the defenders as he is not force to play and shoot with one touch

**Eye on:** one touch accuracy, cover the inside runs lanes, quick passing combination to finish as the possession is won, run away from the ball to receive deep.

## Exercise 7: 2 + 1 v 2 - Combine and finish with one touch



### Sequence

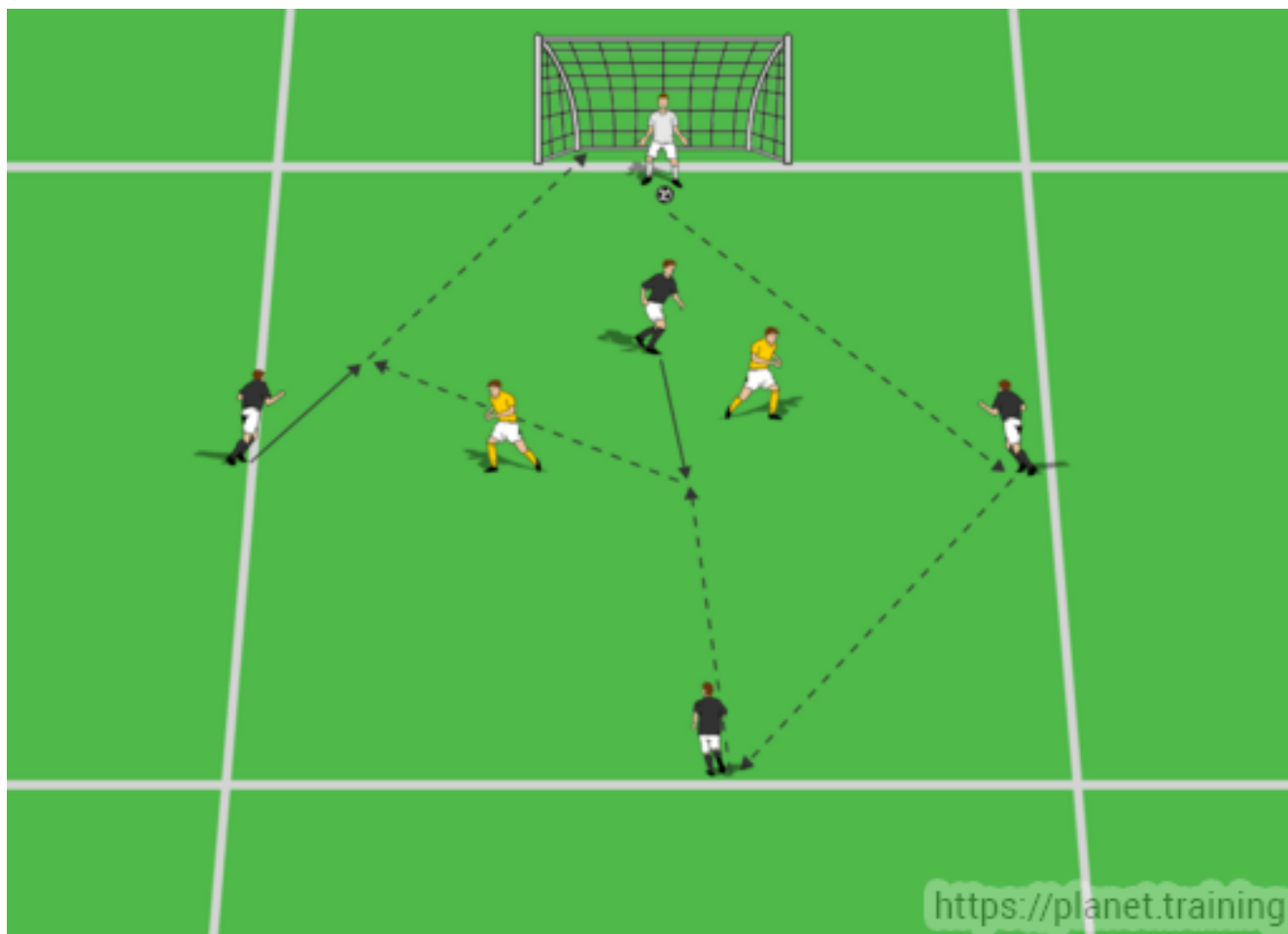
In this variation of the previous exercise the lower player is a neutral player who decides the couple in possession, the black one in the pictures, and the players who must manage the ball while positioning inside the square. The objectives are the same of the previous exercise, but if the defenders win the ball, they must score in one the mini goals on the opposite side of the main one. The duel during the transition phase is then a 2 v 2.

### Variations

- The neutral player can help the defenders if they win the ball creating a new 3 v 2 duel
- Fix a limit of time to finish for the defenders as he is not force to play and shoot with one touch

**Eye on:** positioning on the field, one touch accuracy, cover the inside runs lanes, quick passing combination to finish as the possession is won, quick transition phases

## Exercise 8: 4 v 2 - Combine and finish through the 3rd man with one touch (1)



### Sequence

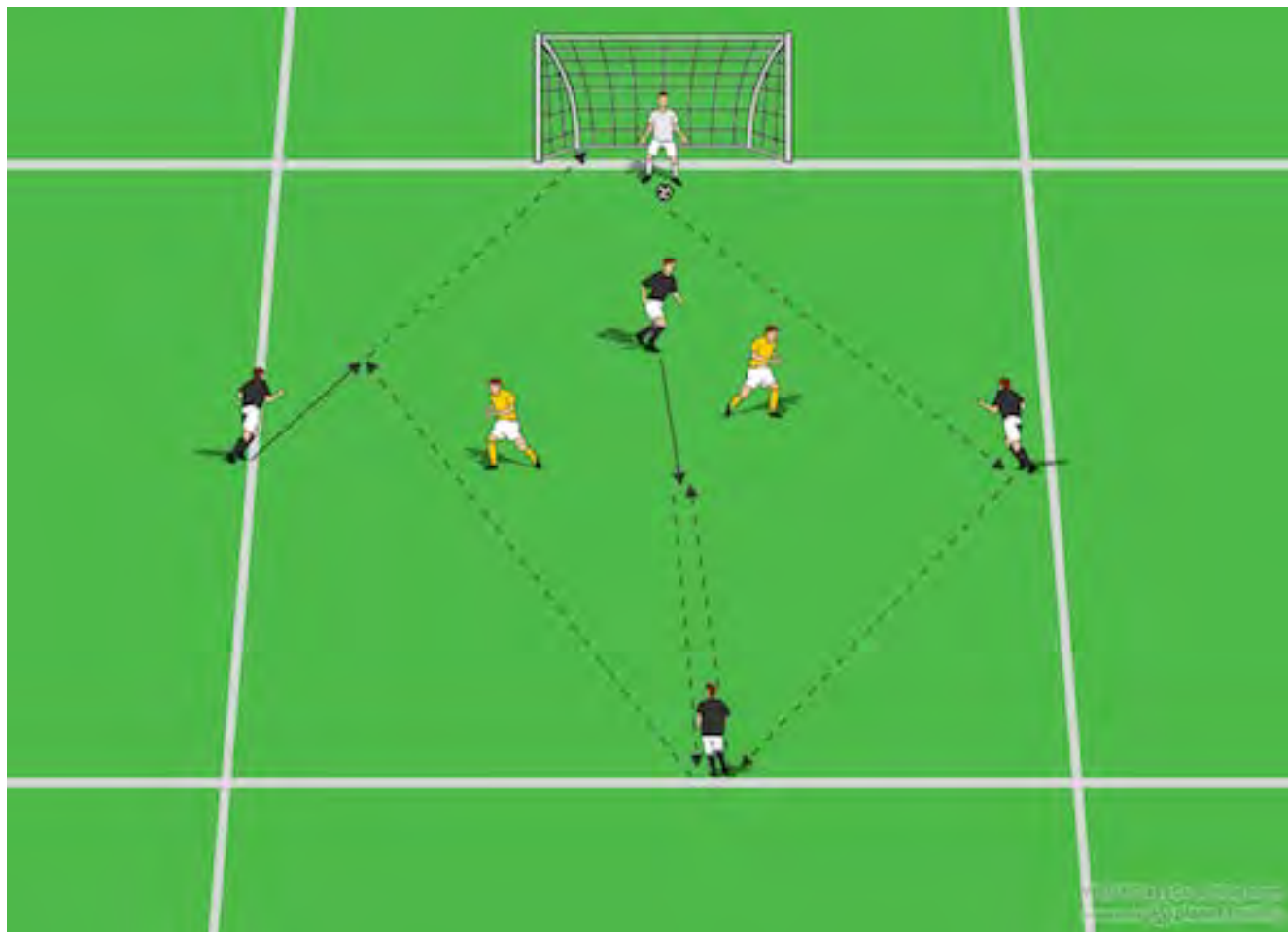
Three black players are placed along two wide and the lower sides of a square playing space; a fourth one is in the middle against two defenders. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep the possession for a minimum amount of time passing and receiving with one or two touches. When the goalkeeper sends out a signal, or just after the time limit, the black player in the middle must drop back and pass to the 3rd man behind the defenders; all this final sequence must be played with one touch. The defenders work on mark and coverage of the space cooperation; if they win the ball, they can shoot directly.

### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the four black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** free from the marker while dropping back, one touch accuracy, quick passing combination to finish, timing of runs off the ball.

## Exercise 9: 4 v 2 - Combine and finish through the 3rd man with one touch (2)



### Sequence

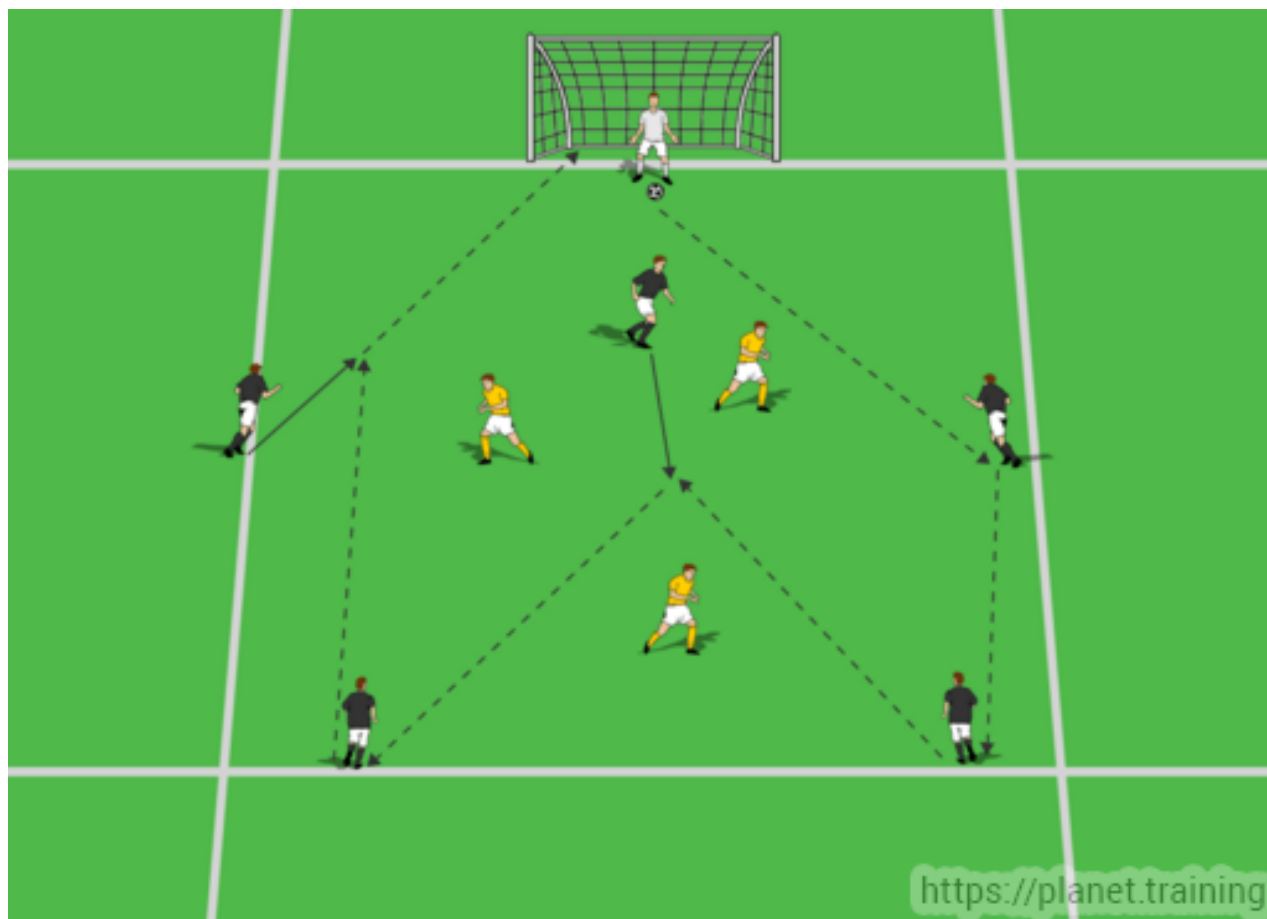
Three black players are placed along the two wide and the lower sides of a square playing space; a fourth one is in the middle against two defenders. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep possession for a minimum amount of time passing and receiving with one or two touches. When the goalkeeper sends out a signal, or just after the time limit, the black player in the middle must drop back to play a wall passing combination with the lower vertex, who then passes to the 3rd man who is cutting inside; all this final sequence must be played with one touch. The defenders work on mark and coverage of the space cooperation; if they win the ball, they can shoot directly.

### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the four black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** free from the marker while dropping back, one touch accuracy, quick passing combination to finish, timing of runs off the ball.

## Exercise 10: 5 v 3 - Play with up and back passing combination



### Sequence

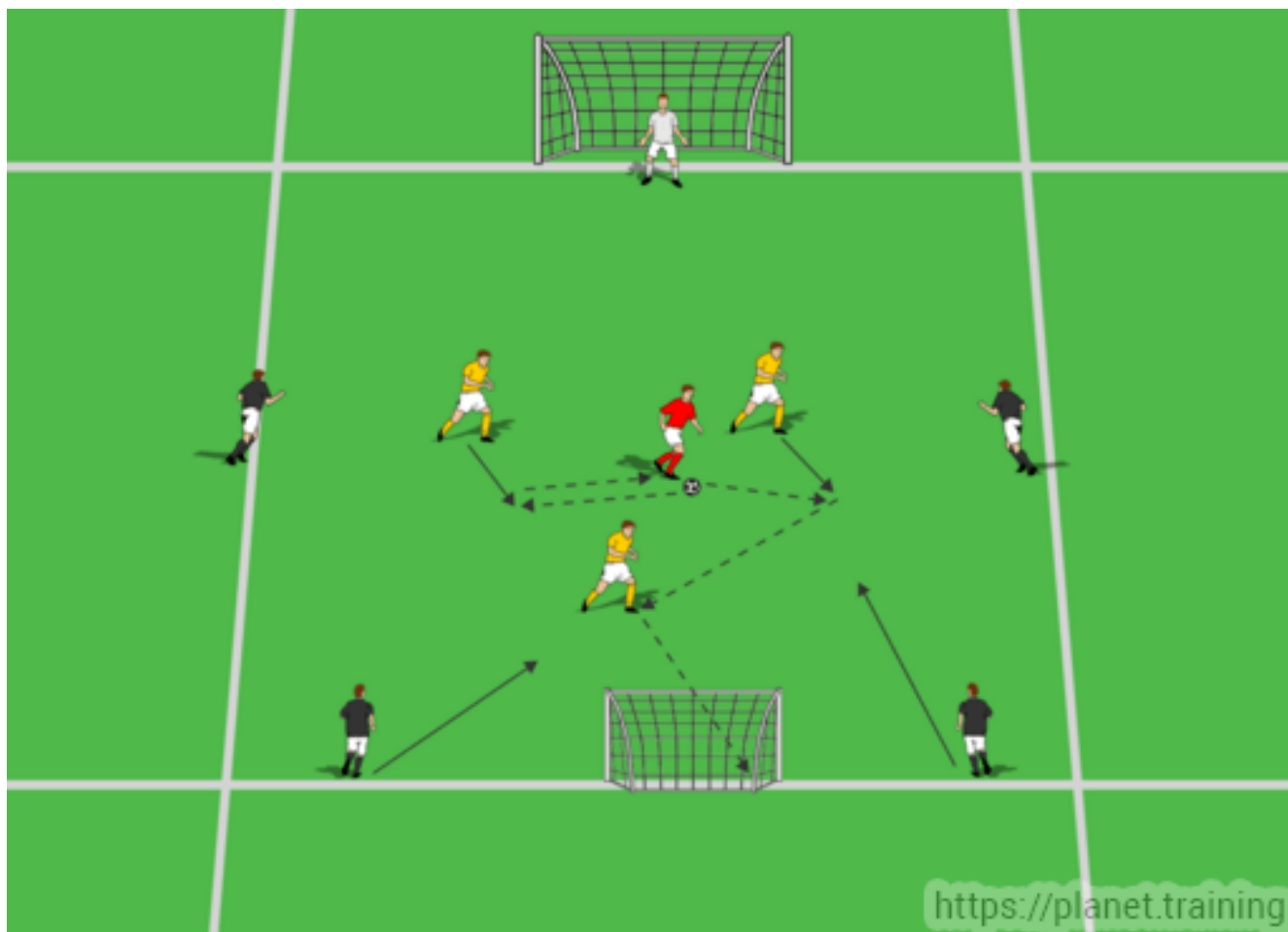
Four black players are placed along the two wide and the lower sides of a square playing space; a fifth one is in the middle against three defenders. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep the possession for a minimum amount of time passing and receiving with one or two touches; up and down passing combinations are required. The black player in the middle decides when and where dropping back to receive a pass from one of the lower vertexes, among the defenders. From now on the final sequence must be played with one touch; the shooting player must run inside from the opposite side from where the sequence started. The defenders work on marking and coverage of the space cooperation; if they win the ball, they can shoot directly.

### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the four black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** diagonal passing combination to keep the possession, free from the marker while dropping back, one touch accuracy, quick passing combination to finish, timing of runs off the ball.

### Exercise 11: 4 + 1 v 3 or 3 + 1 v 4 - Play with up and back passing combination



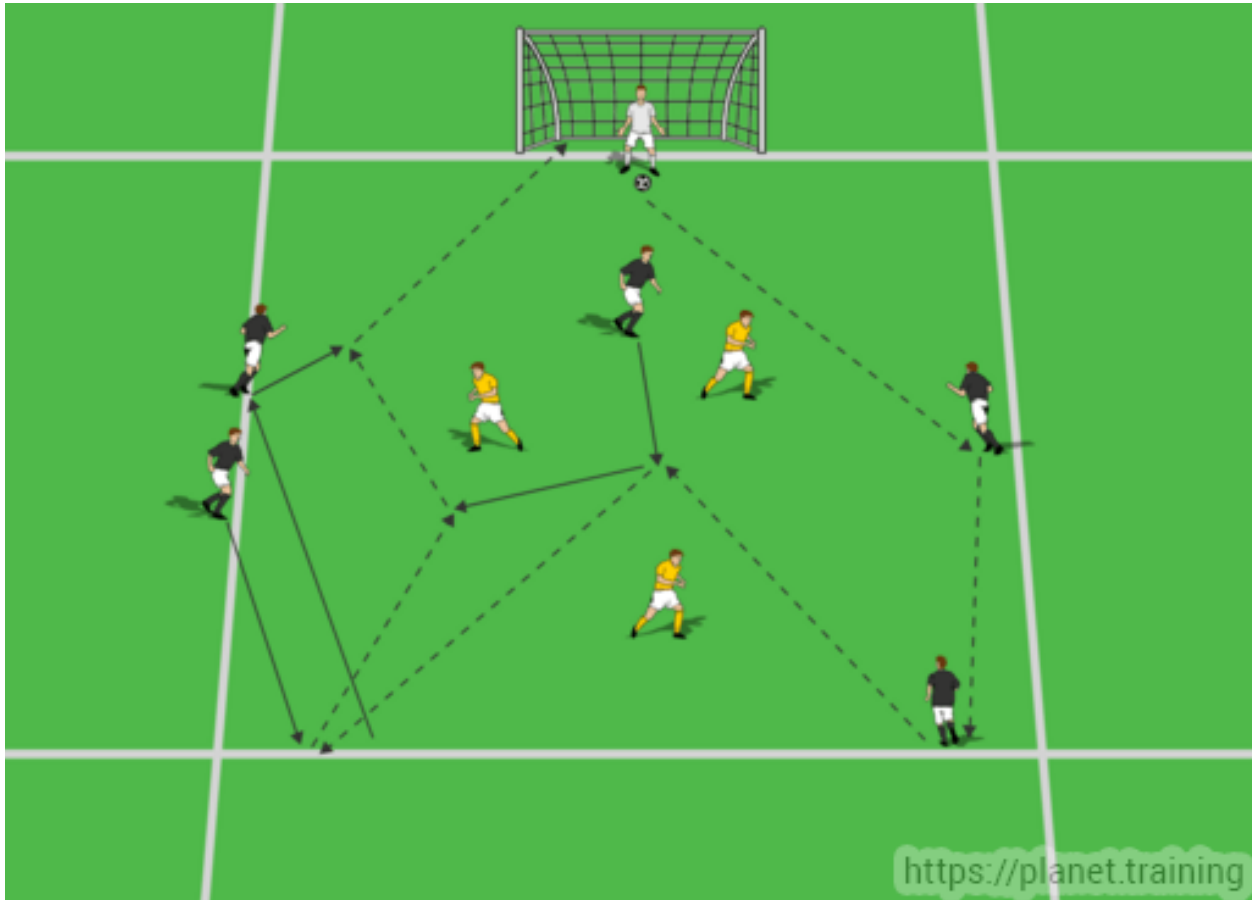
#### Sequence

In this variation of the previous exercise, the fifth attacking player in the middle is a neutral player. The objectives for the team in possession are the same of the previous exercise. But if the defenders recover the ball, they can play together with the neutral player following a precise sequence: wall pass, change the side and finish through the 3rd man. The 3rd man must finish in the mini goal on the opposite side of the main one. All the black players become defenders.

**Eye on:** diagonal passing combination to keep the possession, free from the marker while dropping back, one touch accuracy, quick passing combination to finish, timing of runs off the ball.



## Exercise 12: 5 v 3 - Exchange the positions



### Sequence

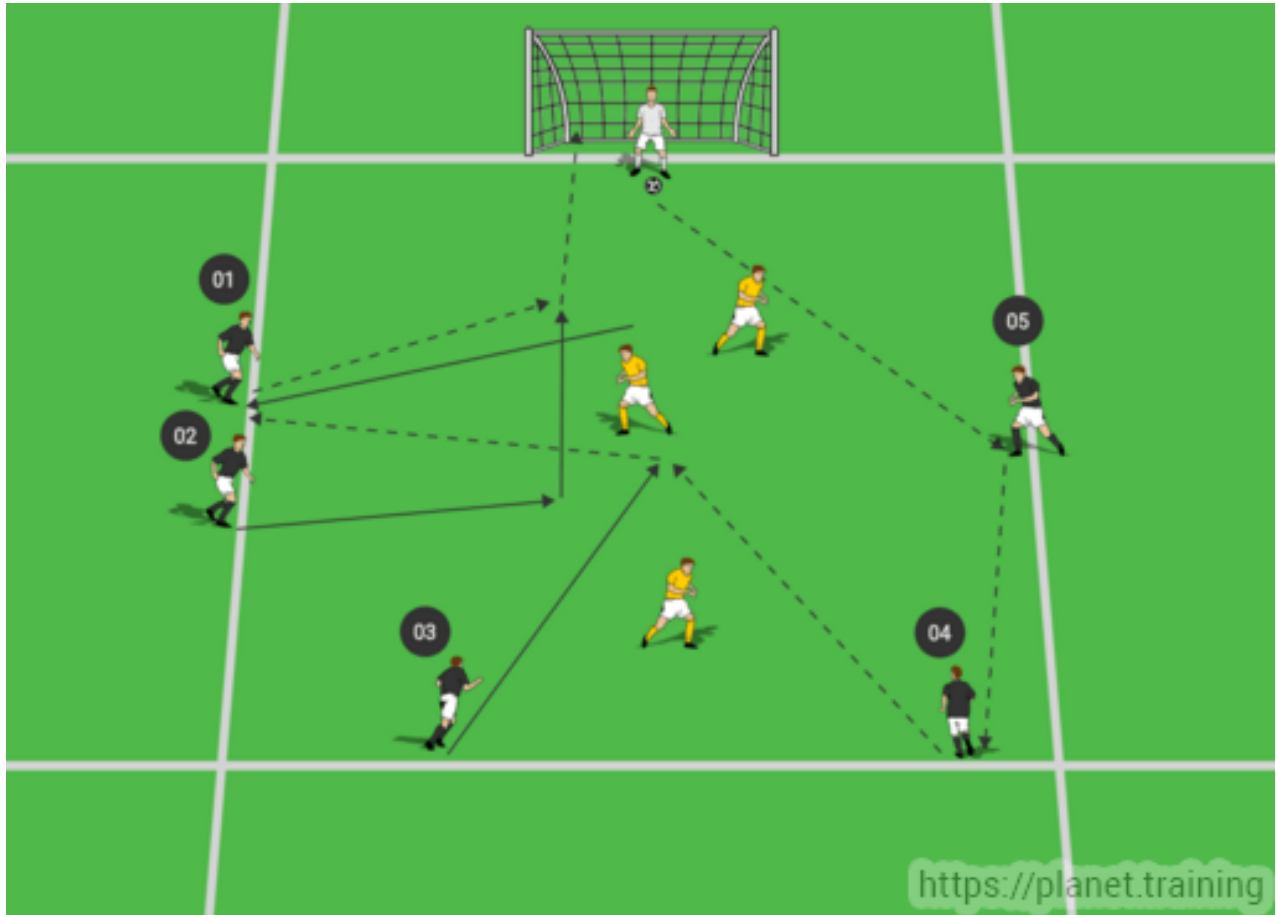
Four black players are placed along the two wide and the lower sides of a square playing space; a fifth one is in the middle against three defenders. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep the possession for a minimum amount of time passing and receiving with one or two touches; up and down passing combinations are required. The black player in the middle decides when and where dropping back to receive a pass from one of the lower vertexes, among the defenders; meanwhile the second lower player and the opposite wide one must exchange their positions. From now on the final sequence must be played with one touch; the shooting player, who is the previous lower vertex, must run inside and finish with one touch. The defenders work on mark and coverage of the space cooperation; if they win the ball, they can shoot directly.

### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the five black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** timings of movements off the ball, free from the marker while dropping back, one touch accuracy, exchange of positions.

### Exercise 13: 5 v 3 - Rotate the positions



#### Sequence

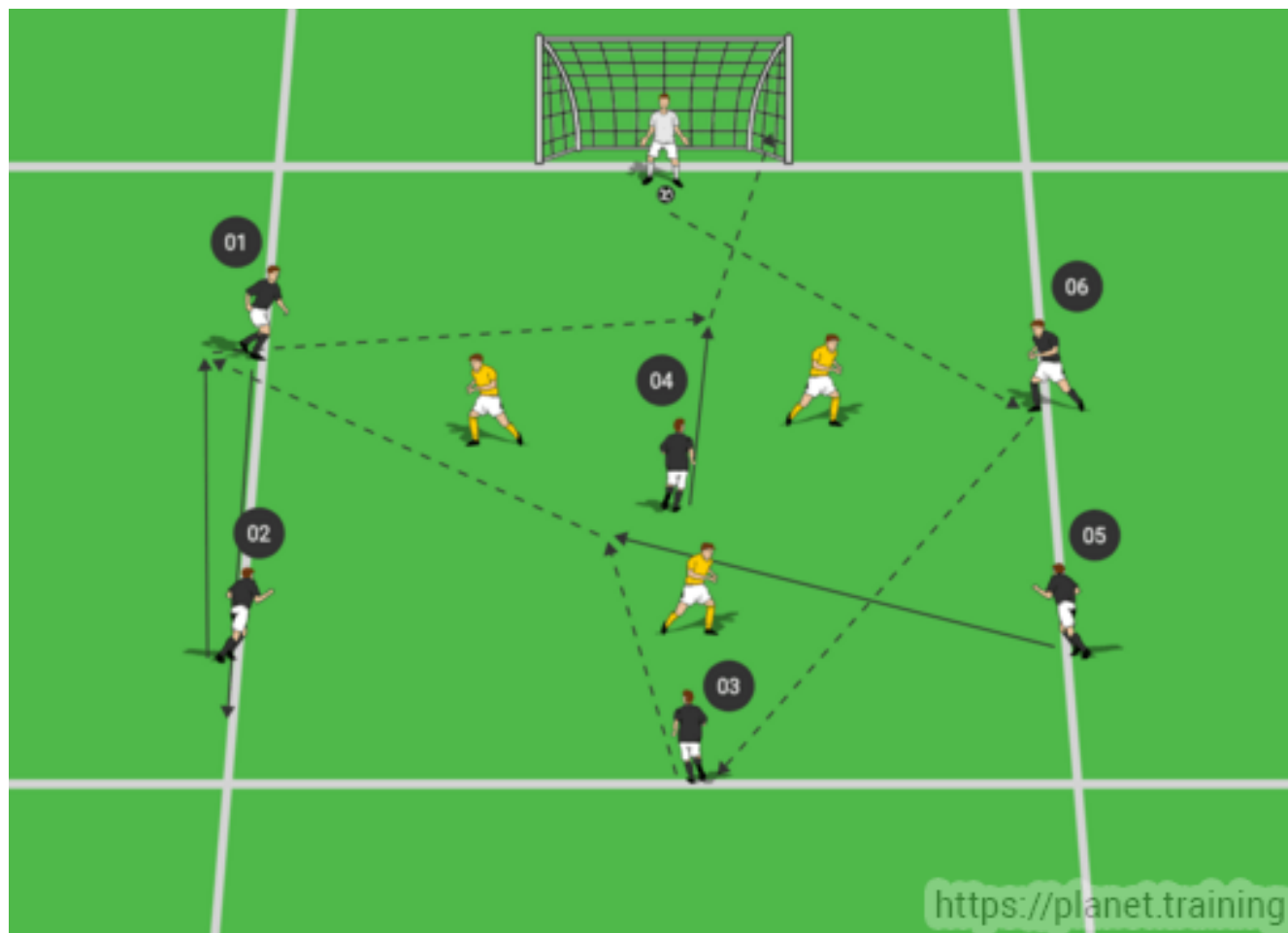
Four black players are placed along the two wide and the lower sides of a square playing space; a fifth one is in the middle against three defenders. The possession players are numbered from 1 to 5. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep the possession for a minimum amount of time passing and receiving with one or two touches; up and down passing combinations are required. The black player in the middle decides when and where moving wide to exchange the positions with an outside teammate, meanwhile the second lower player run forward to be placed in the middle too. From now on the final sequence must be played with one touch. The player 3 is the first receiver of the sequence, the wide one number 1 is the second receiver and shooting player, the number 3 must finish after an inside run and a change of direction. The result is a rotation of three players off the ball. The defenders work on mark and coverage of the space cooperation; if they win the ball, they can shoot directly.

#### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the five black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** timings of movements and rotation off the ball, exchange the positions to free from the marker, one touch accuracy.

## Exercise 14: 6 v 3 - Rotate the positions



### Sequence

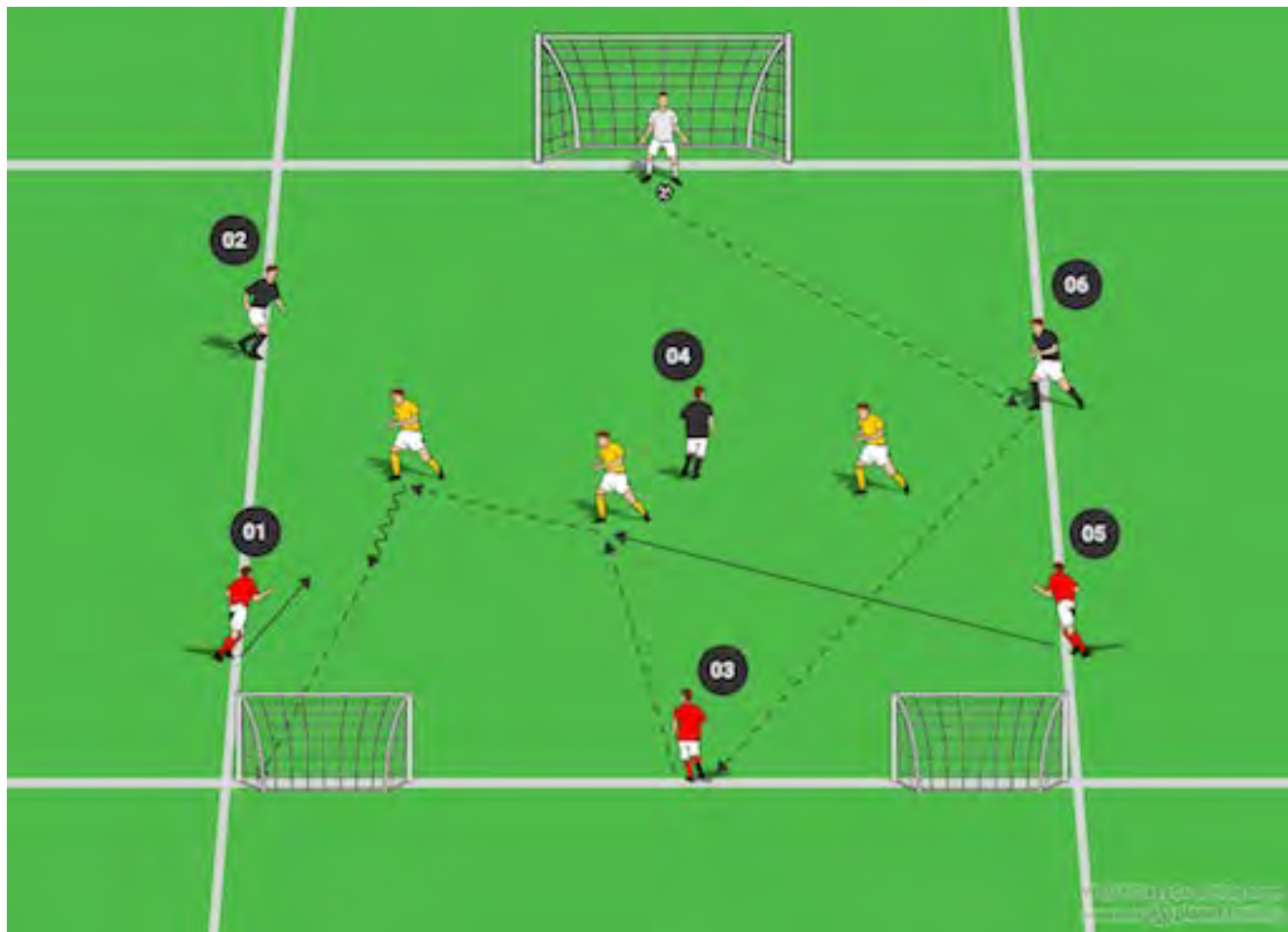
Five black players are placed along the two wide and the lower sides of a square playing space; a sixth one is in the middle against three defenders. The possession players are numbered from 1 to 6. The goalkeeper is in possession and he must decide the side where to start the sequence. The first objective for the black players is to keep the possession for a minimum amount of time passing and receiving with one or two touches; up and down passing combinations are required. One of the wide black players (number 5 in the picture) decides when and where run inside to receive from the lower teammate, meanwhile the opposite wide players exchange their positions and the last one in the middle runs forward to finish. From now on the final sequence must be played with one touch. The player 3 is the first receiver of the sequence, the wide one number 2 is the second receiver and shooting player, the number 4 must finish after a forward run to attack the goal. The result is a rotation of four players off the ball. The defenders work coverage of the space; if they win the ball, they can shoot directly.

### Variations

- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the five black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** timings of movements and rotations off the ball, exchange the positions to free from the marker, one touch accuracy.

### Exercise 15: 6 v 3 or 3 v 3 transition phase - Rotate the positions



#### Sequence

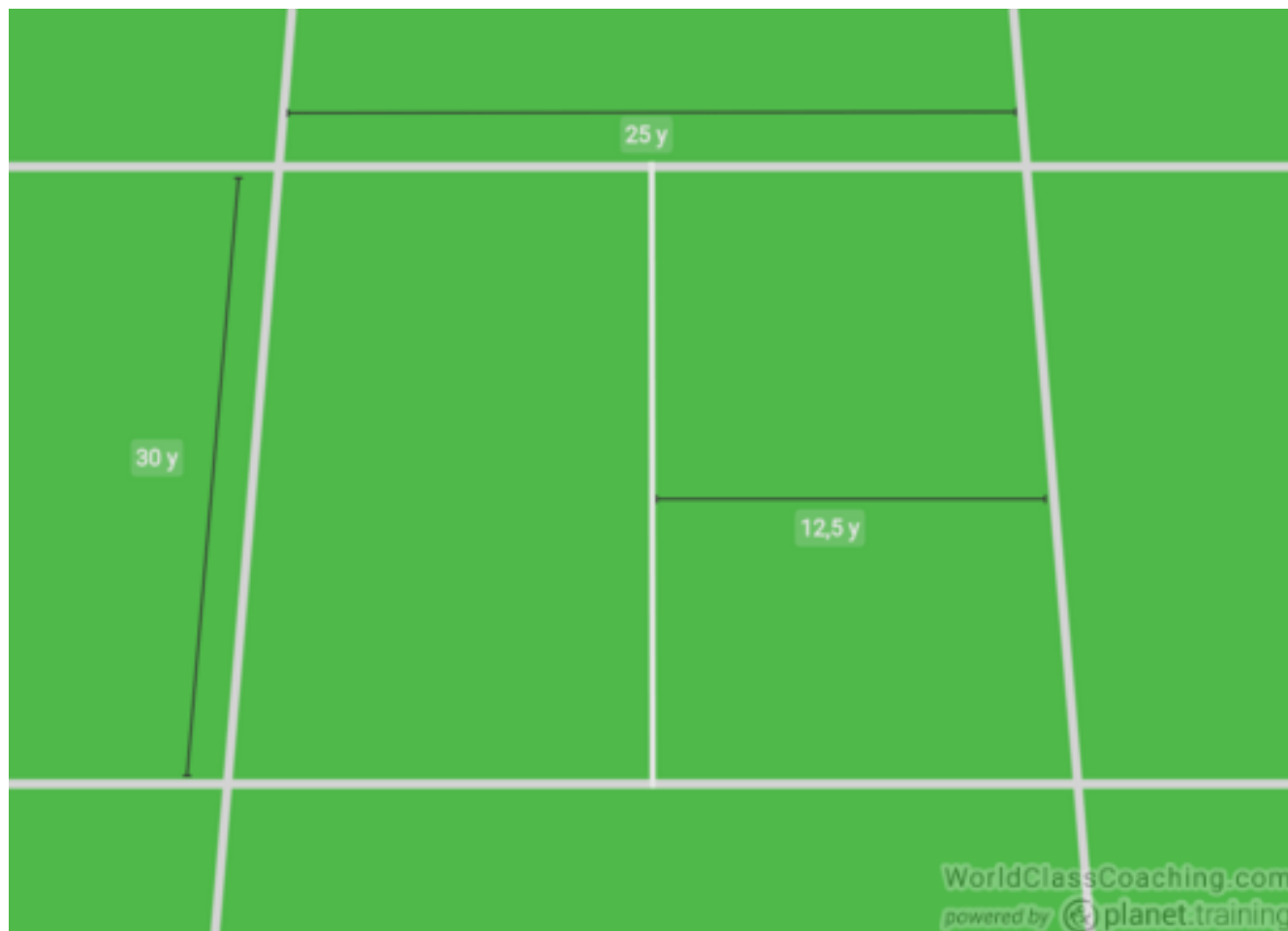
In this variation of the previous exercise, the three lower players are part of a third team. If the defenders recover the ball, they play a 3 v 3 duel against the red players to score in one of the wide mini goals, in the opposite side of the main one. If the black players recover the possession, the sequence is resumed with the same objective of the beginning.

#### Variations

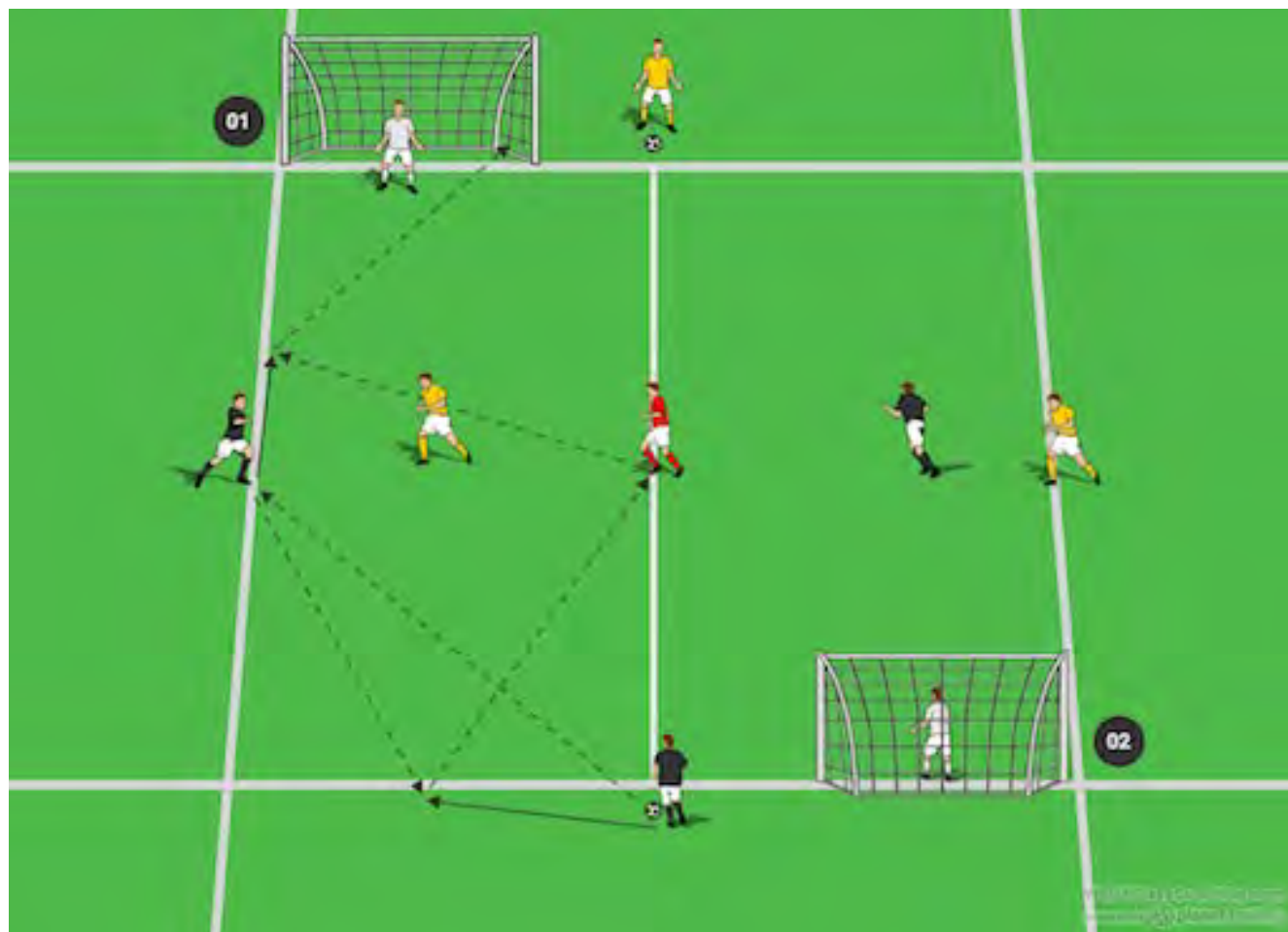
- Ask the players to carry out a fix combination passing sequence to keep the possession
- If the defenders win the ball they must combine between them finishing outnumbered and under the pressure of the five black players
- Limit the time to finish for the black players if they are not forced with one touch

**Eye on:** quick transition play to finish or to win the ball back

## Two grids Rondos (1)



## Exercise 16: Alternate 2 + 1 v 1 duels or 3 + 1 v 2 transition duel

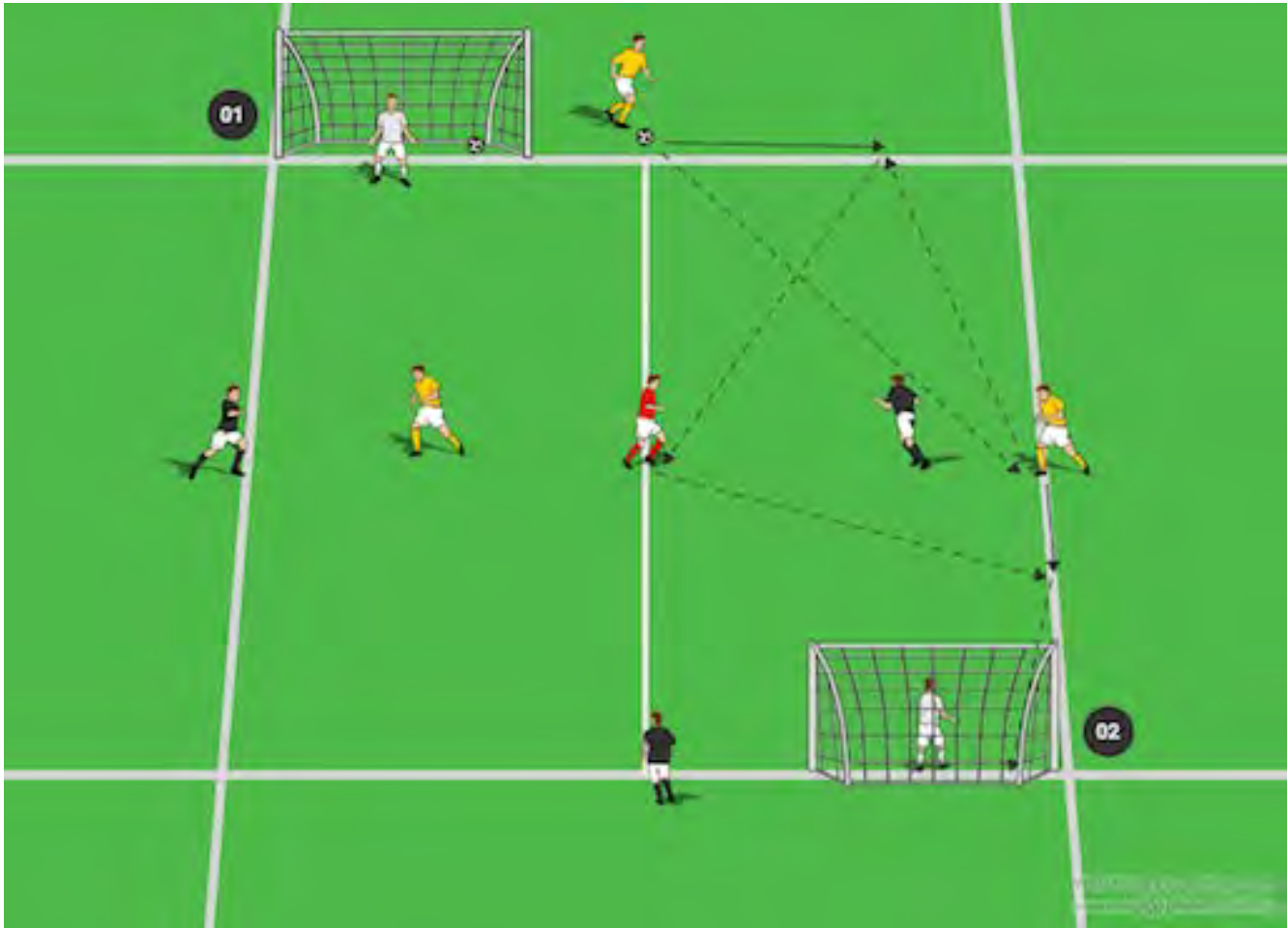


### Sequence

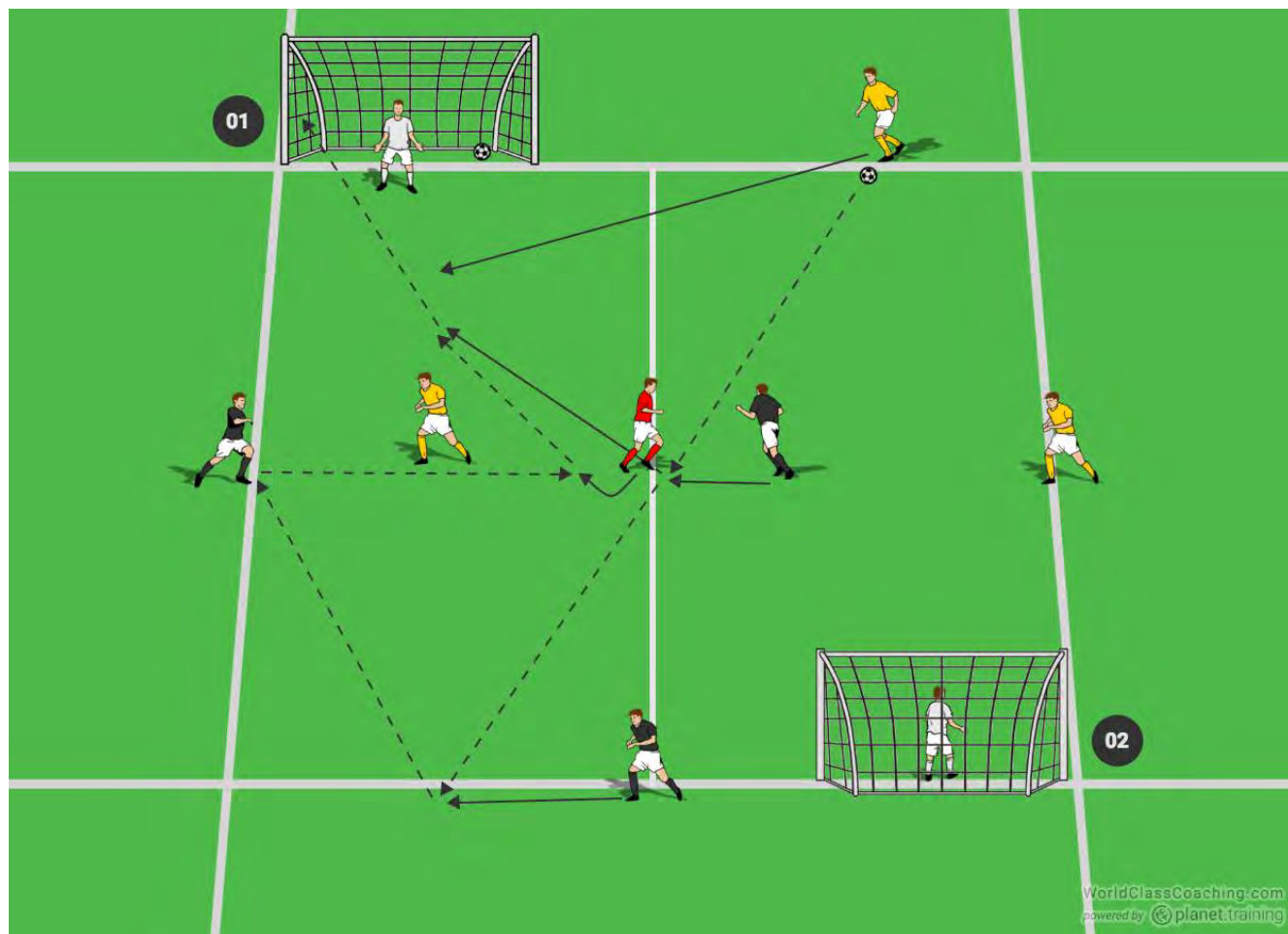
A rectangular area is divided into two numbered zones vertically (1 and 2) and two goals with goalkeepers are placed on the opposite shorter sides and corners. Two players (one black and one yellow) are placed on the middle line along the shorter sides and they are in possession. One black player is placed along the longer side of the zone 1 as well as a yellow one on the opposite area and side; one yellow player and a black one are placed in the middle of both the zones 1 and 2. A neutral player is placed in the middle.

The coach calls the player who must start the sequence (the black one in the picture) and he passes the ball to the outer teammate (on the left); a 2 + 1 v 1 duel is now created inside the zone 1. The goal is to score after a 1 -2 combination to build up and a pass behind the defender played by the neutral player toward the outer black one.





As the first sequence ends, the yellow player starts a second phase with alternate roles inside the zone number 2. The yellow team attacks 2 + 1 v 1 to score in the opposite goal together with the neutral player, who turned his position in the middle and against the black defender.



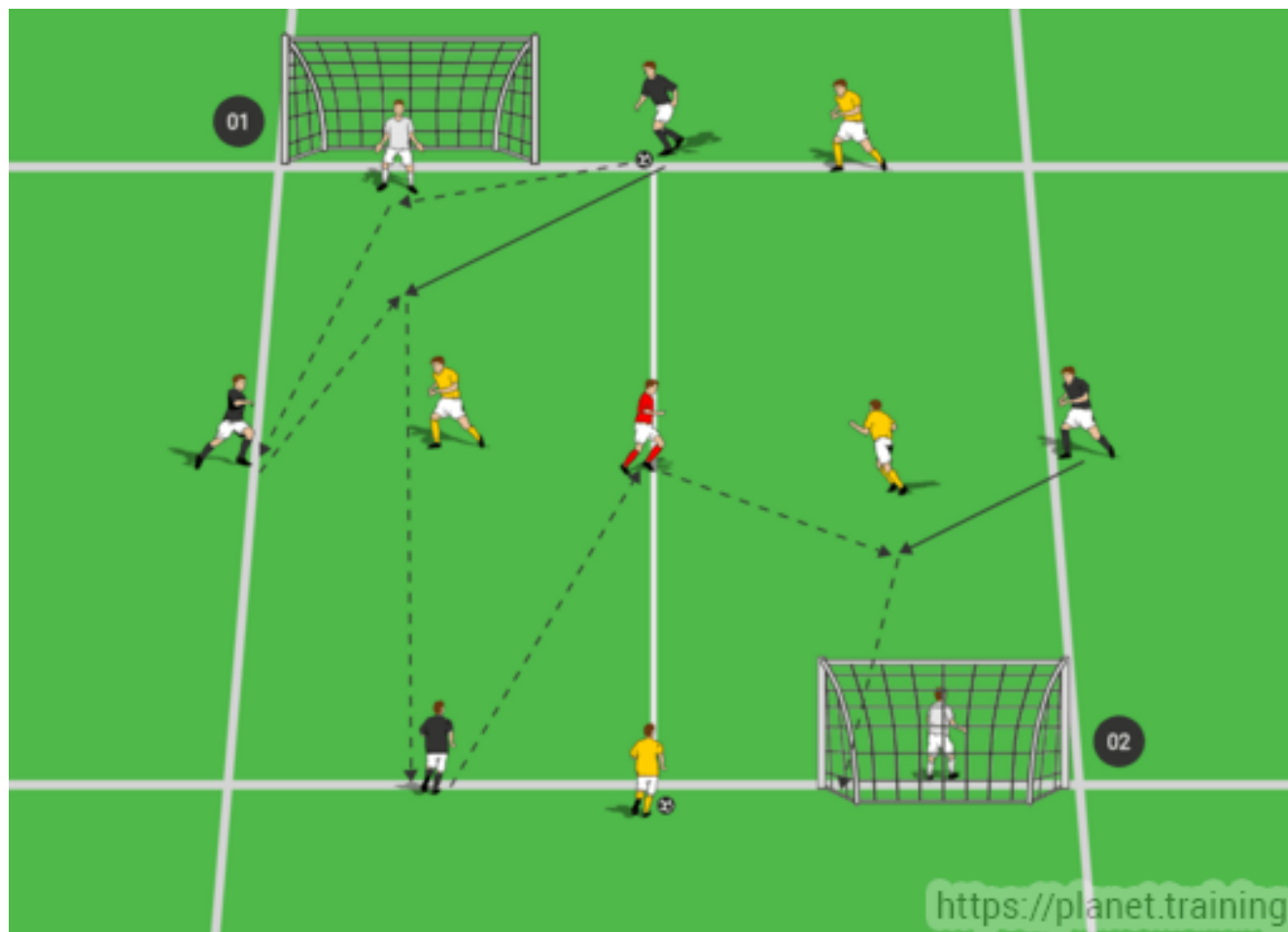
If the defender recovers the possession, like the black one in the picture, he must switch the side of play toward the other zone (num. 1 in the picture), passing the ball back to the lower teammate. A 3 + 1 v 2 is now played with the black players and the neutral one against the center defender and a second yellow player who runs inside to defend the goal. The player who recovered the possession must finish the move.

### Variations

- Fix a limit of time to finish the attacking phases
- Limit the number of touches during the possession phases
- The neutral player becomes defender during the transition phase creating a 3 v 3 duel
- If the defender recovers the possession a 3 v 2 + 1 duel can be played all over the main area.

**Eye on:** quick build up and finishing, quick transition play to switch the side, cover the goal space to prevent the opponents from shooting.

## Exercise 17: 4 + 1 v 1 - Switch the side and finish



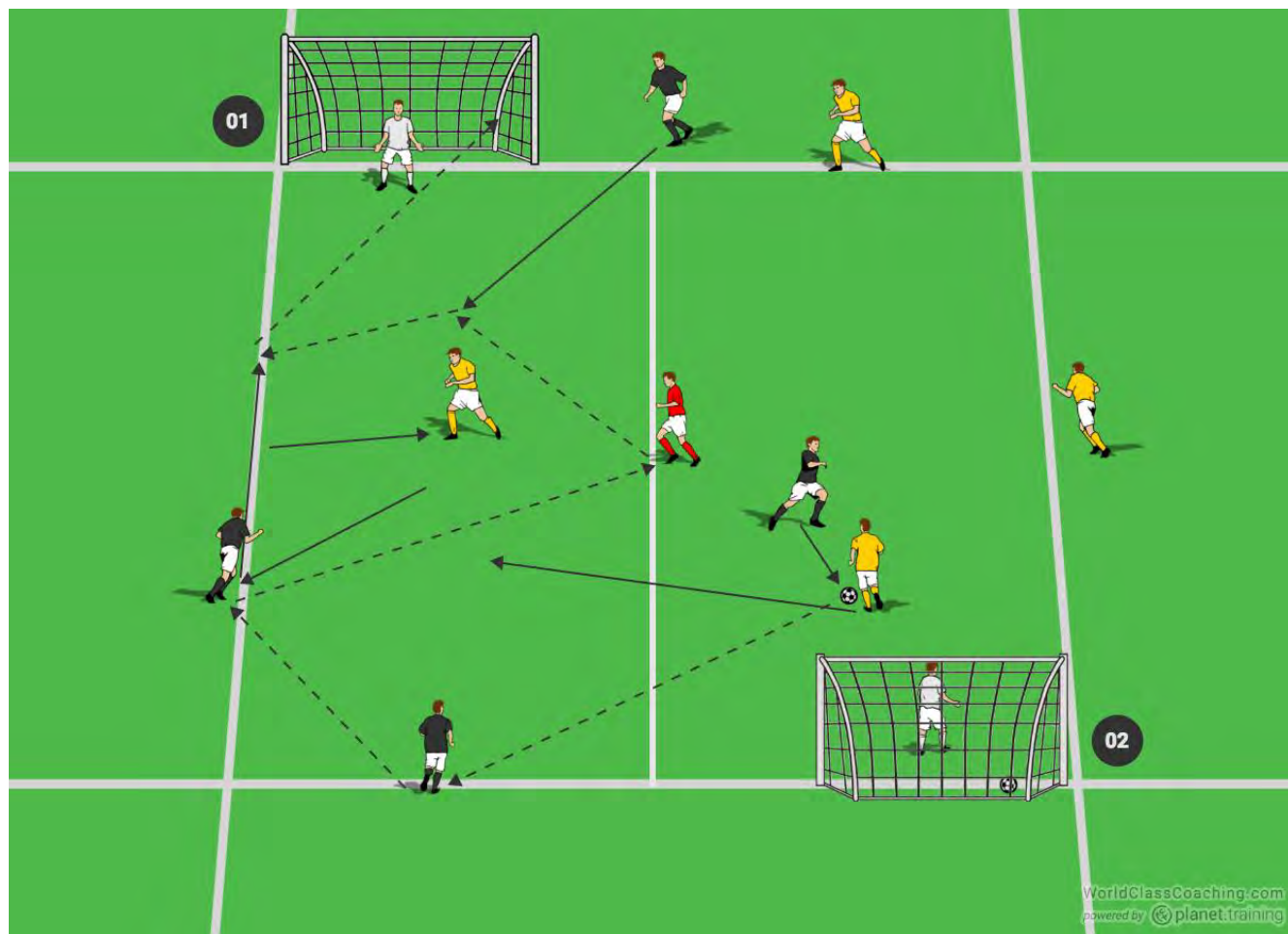
### Sequence

A rectangular area is divided into two numbered zones vertically (1 and 2) and two goals with goalkeepers are placed on the opposite shorter sides and corners. Two players (one black and one yellow) are placed on the middle line along the shorter sides and they are in possession; two more on the lower side of each half, like in the picture. Two black players are placed along the longer side of the zones 1 and 2; two yellow players are placed in the middle of both the zones. A neutral player is placed in the middle.

The black the player in possession must start the sequence and he passes the ball to the goalkeeper to build up and to switch the side through the neutral player (on the left), playing 3 + 1 v 1. The objective is to score after a 1 v 1 duel (inside the zone num. 2), receiving a pass played by the neutral player behind the defender.



As the first sequence ends, the yellow player in possession starts a second phase with alternate roles inside the zone number 2. The yellow team attacks 3 + 1 v 1 to build up and to score in the opposite goal, after a second 1 v 1 duel and the final pass of the neutral player, who turned the position.



If the defender recovers the possession, like the black one in the picture, he must switch the side of play toward the other zone (num. 1 in the picture), passing the ball back to the lower teammate. A 3 + 1 v 2 is now played with the black players (a third one drop back from the opposite zone) and the neutral one, against the center defender and center yellow player who runs inside from the opposite zone. The scores count only if all the attacking players have touched the ball before finishing and if the scorer receives as third man

### Variations

- Fix a limit of time to finish the attacking phases
- Limit the number of touches during the possession phases
- The neutral player becomes defender during the transition phase creating a 3 v 3 duel
- If the defender recovers the possession a 4 v 4 + 1 duel can be played all over the main area.

**Eye on:** quick build up and finishing, quick transition play to switch the side, cover the goal space to prevent the opponents from shooting.

## Exercise 18: Double 2 + 1 v 2 - Switch the side.



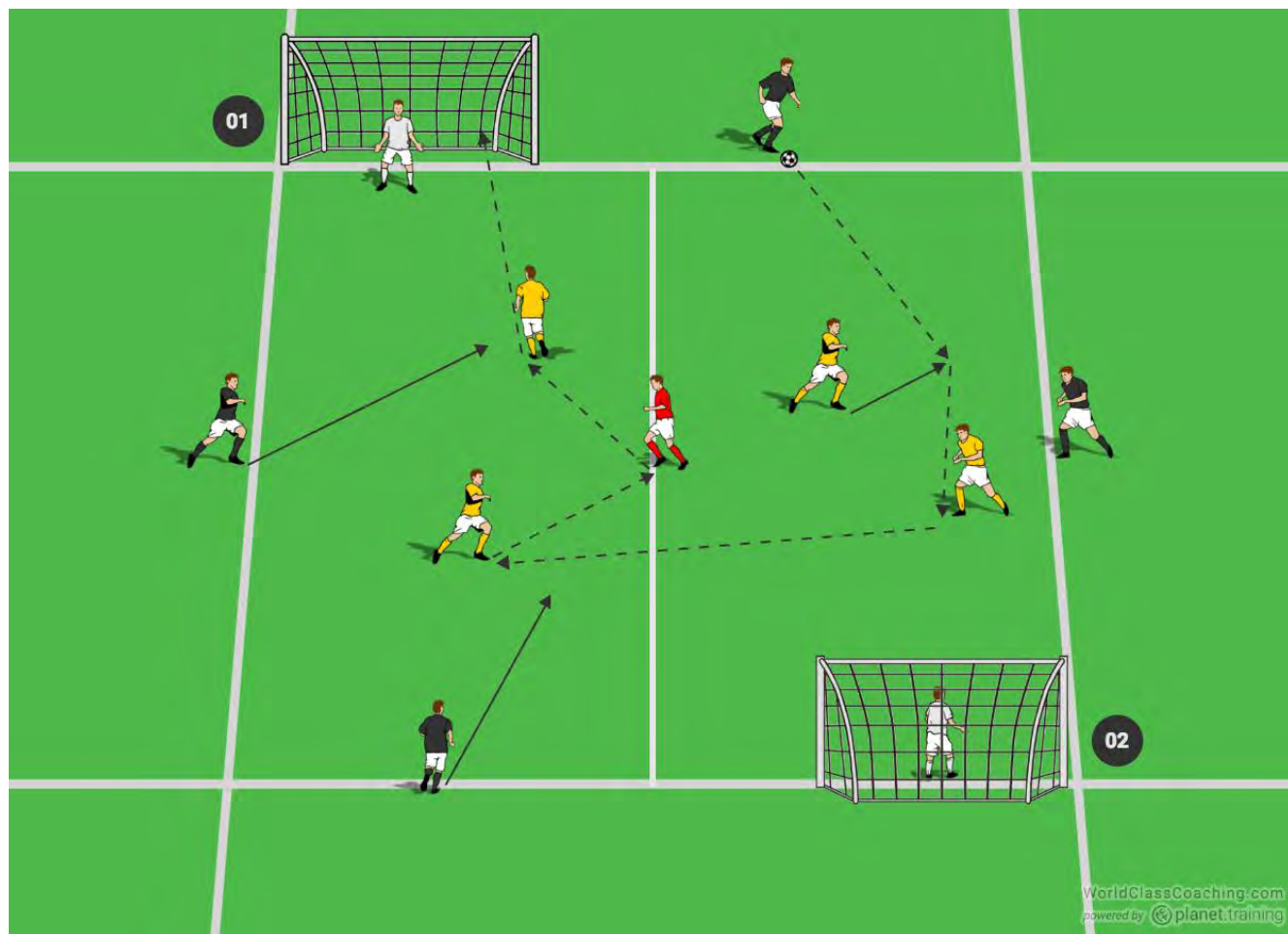
### Sequence

A rectangular area is divided into two numbered zones vertically (1 and 2) and two goals with goalkeepers are placed on the opposite shorter sides and corners. Four black players are placed along the longer sides of the main area and on the free sides beside the goals; one of these last two is in possession. Four yellow defenders (two inside each zone) are placed in the middle. A neutral player is placed along the middle line.

The black player in possession must start the sequence and he passes the ball to the goalkeeper to build up and to switch the side through the neutral player (from the left to the right), playing 2 + 1 v 1 on both the halves field. The objective is to score moving the ball among the outer black players and "using" the neutral one as link player.

A first 2 + 1 v 1 duels is played inside the zone to build up and inside the zone 2 to finish.





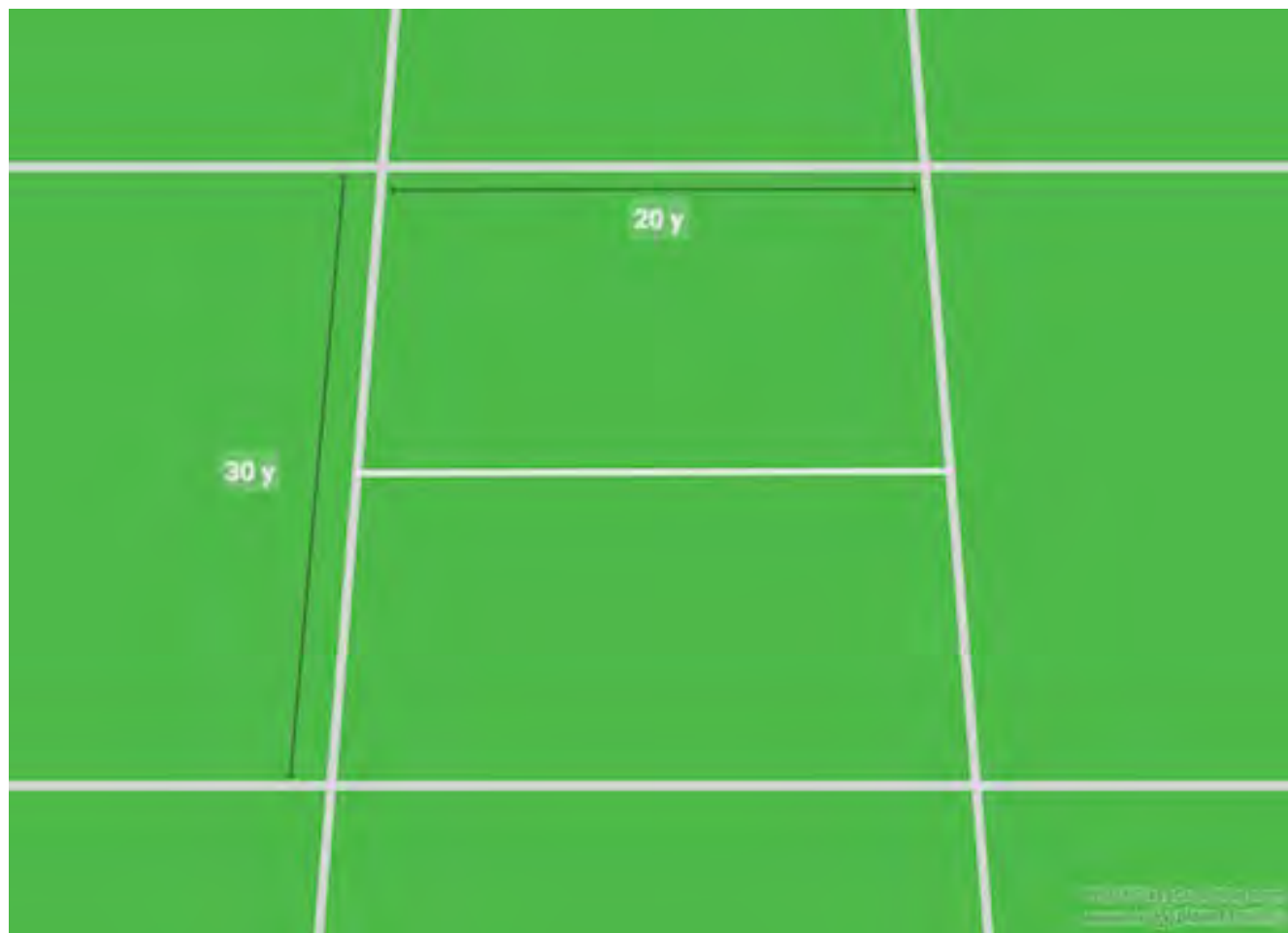
If a defender recovers the possession, like the yellow one in the picture, he must pass toward the teammate inside the same zone, before switching the side of play toward the other zone (num.1 in the picture). A 2 + 1 v 2 possession phase to finish is now played.

### Variations

- Fix a limit of time to finish the attacking phases and the transition to possession phases
- The neutral player becomes defender during the transition phase creating a 2 v 3 duel with an outnumbered counter attacking team
- If a defender recovers the possession a 4 v 4 + 1 duel can be played all over the main area.

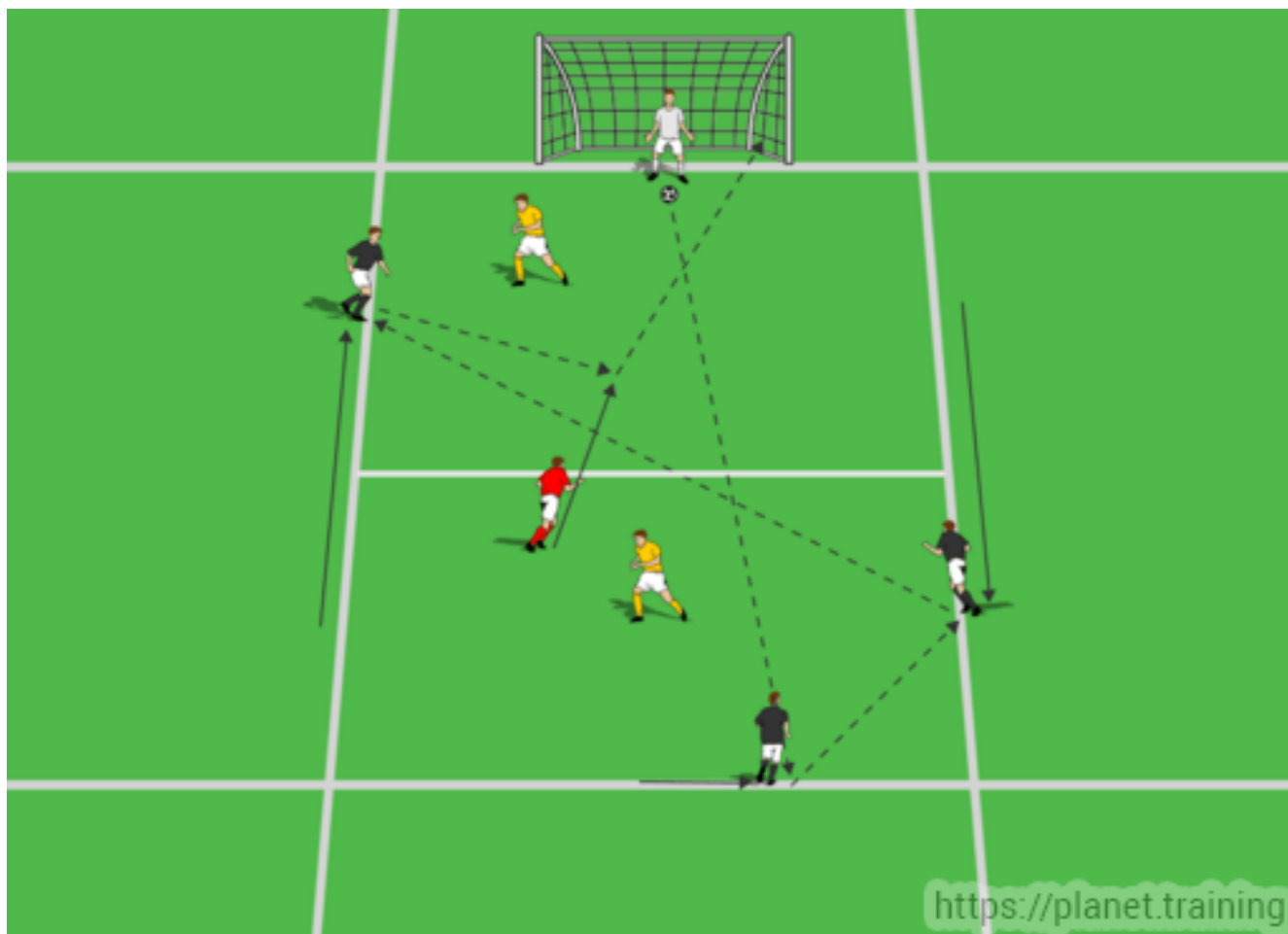
**Eye on:** quick build up and finishing, quick transition play to switch the side, cover the goal space to prevent the opponents from shooting.

## Two grids Rondos (2)





## Exercise 19: 2 v 1 to build up and 1 + 1 v 1 to finish



### Sequence

A rectangular area is divided into two areas horizontally and a goal with goalkeeper is placed on the upper shorter sides. Three black players are placed along the longer sides of the main area and on the lower one. Two yellow defenders (one inside each zone) are placed in the middle. A neutral player is placed near the middle line. The goalkeeper is in possession and he starts the sequence, passing the ball to the lower vertex, who decides where to move (on the right in the picture). The outer possession players must run up and down the lines to receive the ball and then to switch the side of play (from the right to the left in the picture) behind the first defender. The defender can choose to put pressure or to close the passing lane. The neutral player must now run inside the finishing area to shoot with one touch, receiving the pass from the second outer black player. The defender can choose to put pressure or to close the goal space. If a defender wins the ball, he can shoot directly.

### Variations

- Fix a limit of time to finish the attacking phases
- The first defender can run inside the upper area to support the teammate
- The defenders must combine before shooting under pressure of the opponents

**Eye on:** quick build up and finishing, cover the passing lanes or the goal space.

## Exercise 20: 3 v 1 to build up and 2 (1+1) v 3 to finish



### Sequence

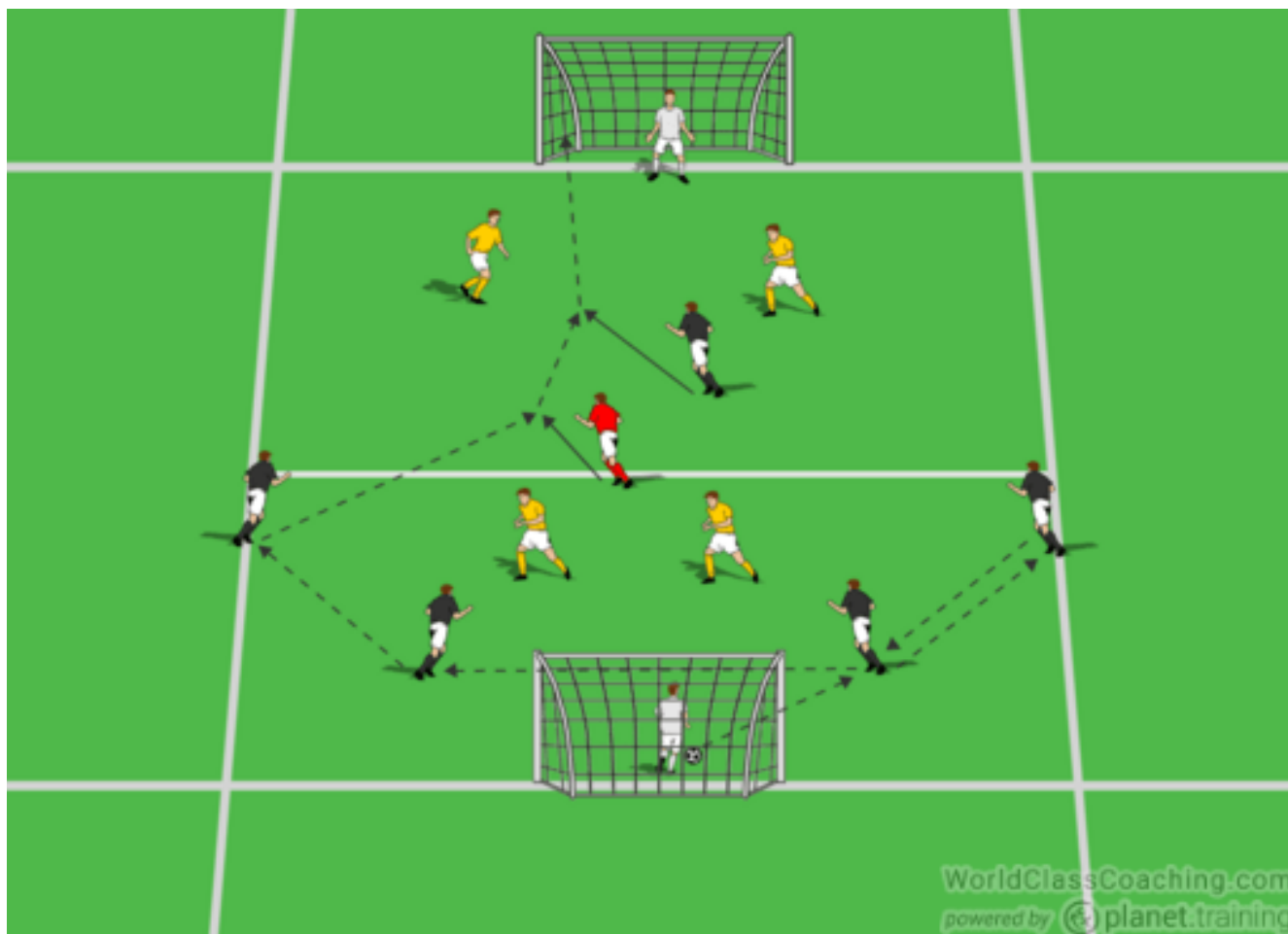
A rectangular area is divided into two areas horizontally and two goals with goalkeepers are placed on the upper and lower shorter sides. A 3 v 1 duel is played inside the lower area to build up after the pass of the goalkeeper; at least one wall passing combination is required before playing forward to the neutral player on the middle line. As the red neutral player receives, a 2 (1+1) v 3 duel is played inside the finishing area to shoot on goal. If the defenders win the ball, a 4 v 4 + 1 free duel is played to counter attack toward the opposite goal.

### Variations

- Fix a limit of time to build up and to finish the attacking phases
- A passing combination with the neutral player is required before shooting
- If the defenders win the ball, they must build up 3 v 1 and finish 2 (1+1) v 3

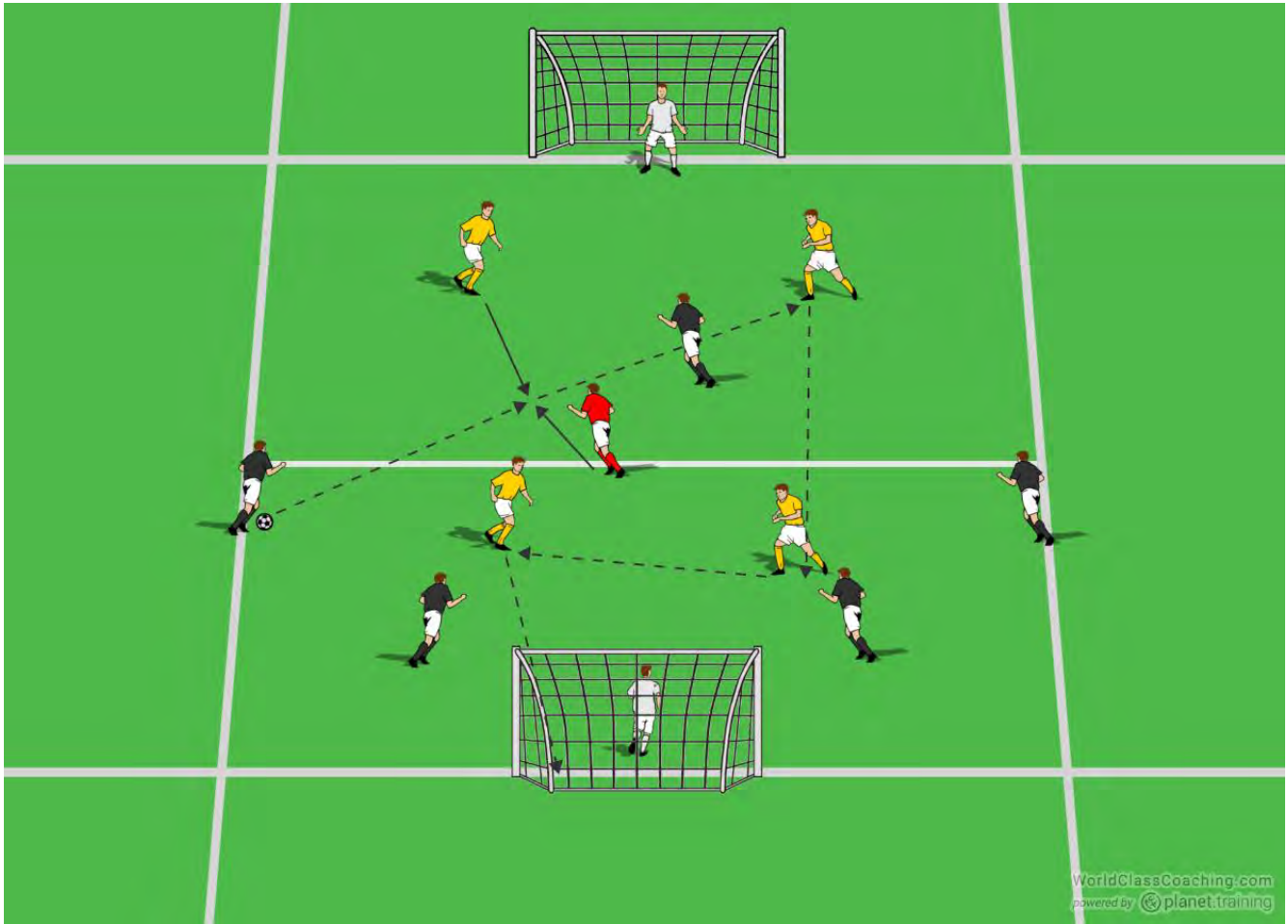
**Eye on:** quick build up and finishing, finish outnumbered, fast counter attack.

## Exercise 21: 4 v 2 to build up and 2 (1+1) v 2 to finish



### Sequence

A rectangular area is divided into two areas horizontally and two goals with goalkeepers are placed on the upper and lower shorter sides. A 4 v 2 duel is played inside the lower area to build up after the pass of the goalkeeper; at least one wall passing combination and a switch of the side are required before playing forward to the neutral player on the middle line. As the red neutral player receives, a 2 v 2 duel is played inside the finishing area to shoot on goal after a passing combination and within 10"-12"; if the forwards can't finish, the defenders win the possession.



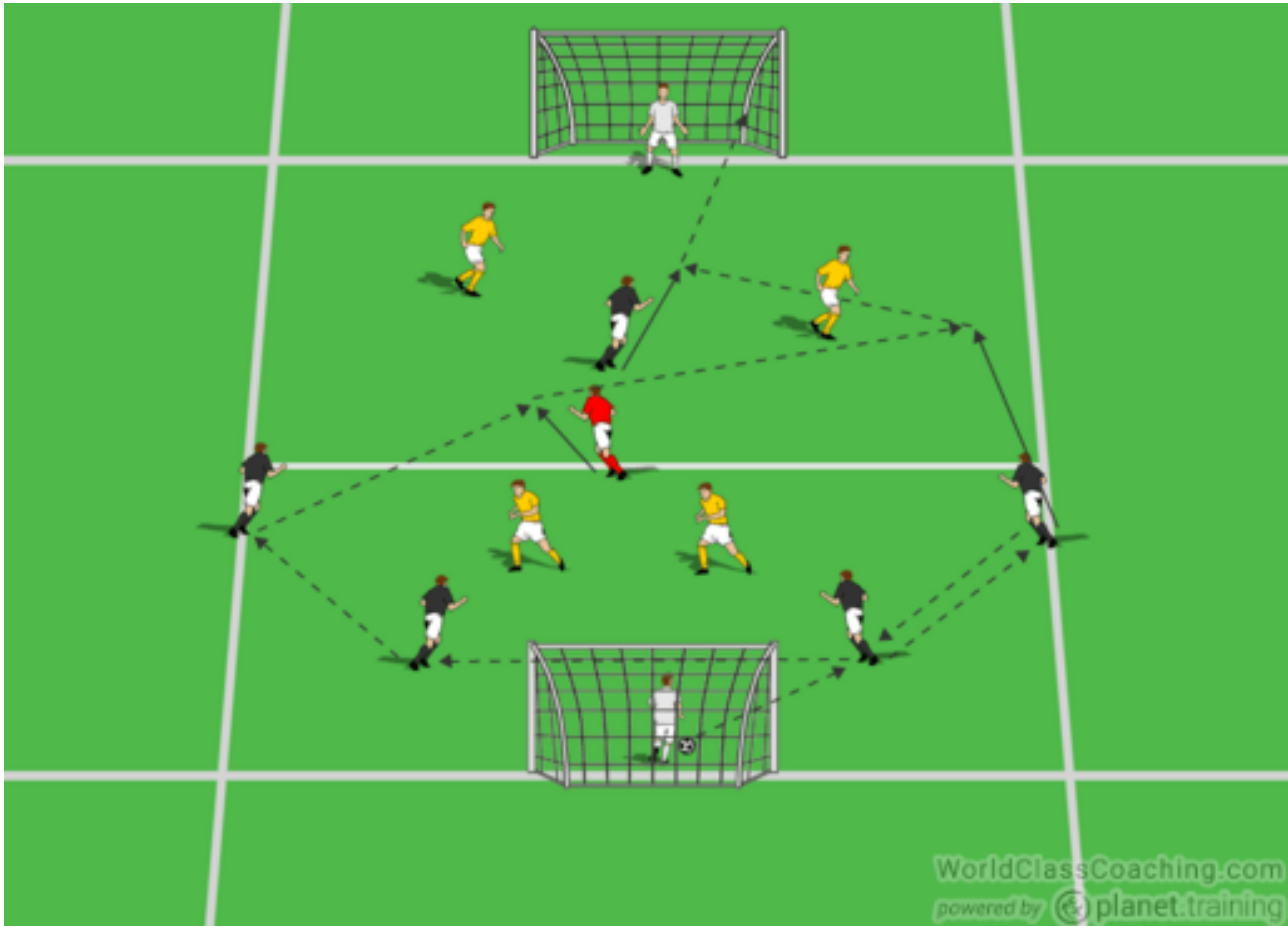
If the defenders win the ball, a 4 v 5 duel is played to counter attack toward the opposite goal; the yellow player must act inside their areas.

### Variations

- Fix a limit of time to build up
- A passing combination with the neutral player is required before shooting
- If the defenders win the ball, they must build up 2 v 2 and finish 4 v 4 as the space limits are unlocked just after the first forward pass
- If the defenders win the ball, they play 5 (4+1) v 5 to counter attack

**Eye on:** move the opposition while building up, quick finishing with equal number of players, fast counter attack.

## Exercise 22: 4 v 2 to build up and 3 (2+1) v 2 to finish



### Sequence

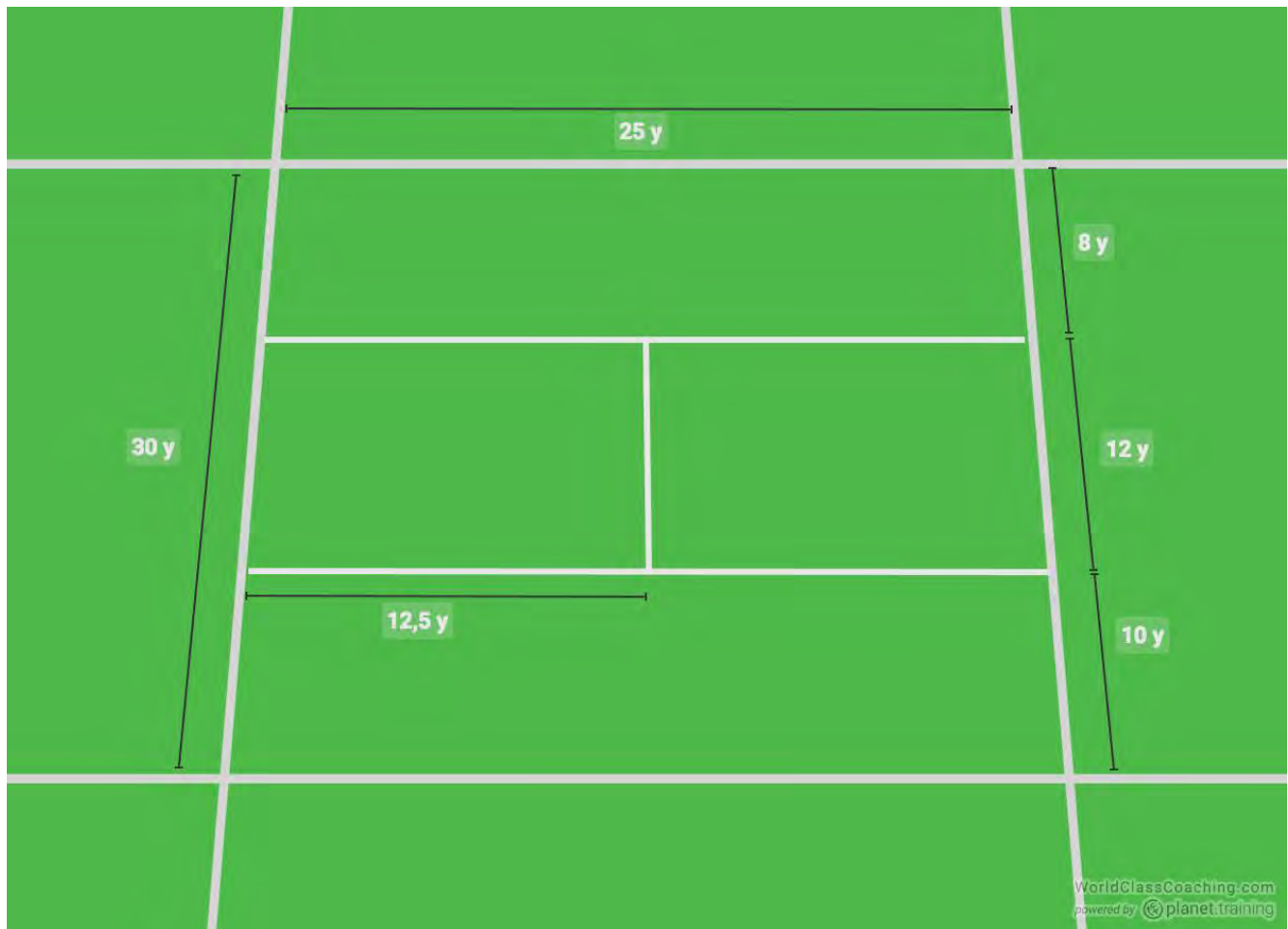
A rectangular area is divided into two areas horizontally and two goals with goalkeepers are placed on the upper and lower shorter sides. A 4 v 2 duel is played inside the lower area to build up after the pass of the goalkeeper; at least one wall passing combination and a switch of the side are required before playing forward to the neutral player on the middle line. As the red neutral player receives, a 3 (2+1) v 2 duel is played inside the finishing area to shoot on goal after a passing combination with a third man who is running up and within 8"; if the forwards can't finish, the defenders win the possession. If the defenders win the ball, a 4 v 5 duel is played to counter attack toward the opposite goal; the yellow player must act inside their areas.

### Variations

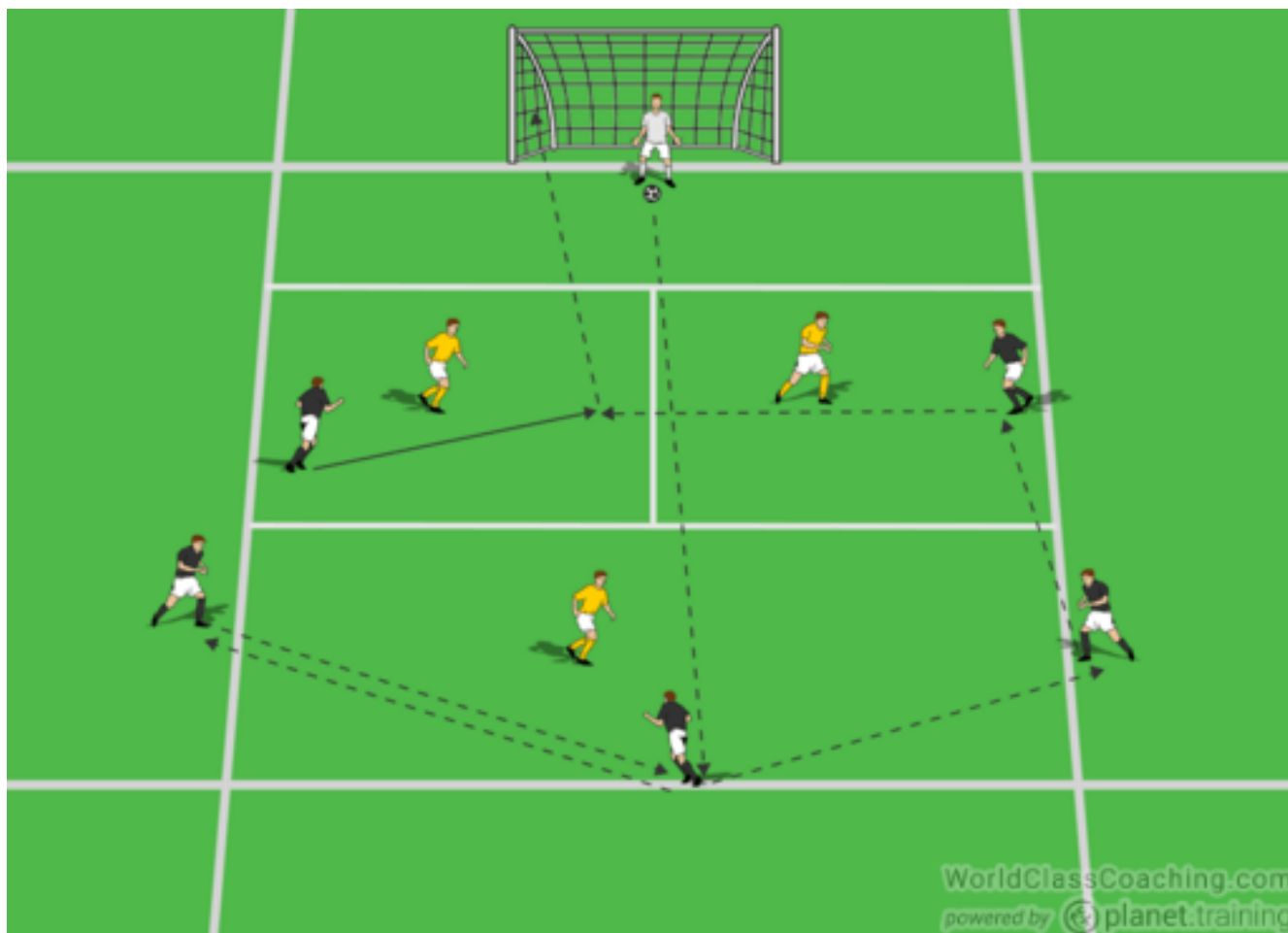
- Fix a limit of time to build up
- A passing combination with the neutral player is required before shooting
- If the defenders win the ball, they must build up 2 v 2 and finish 4 v 4 as the space limits are unlocked just after the first forward pass
- If the defenders win the ball, they play 5 (4+1) v 5 to counter attack

**Eye on:** move the opposition while building up, quick finishing with equal number of players, fast counter attack.

### Three grids Rondos (1)



## Exercise 23: 3 v 1 to build up and 1 v 1s to finish



### Sequence

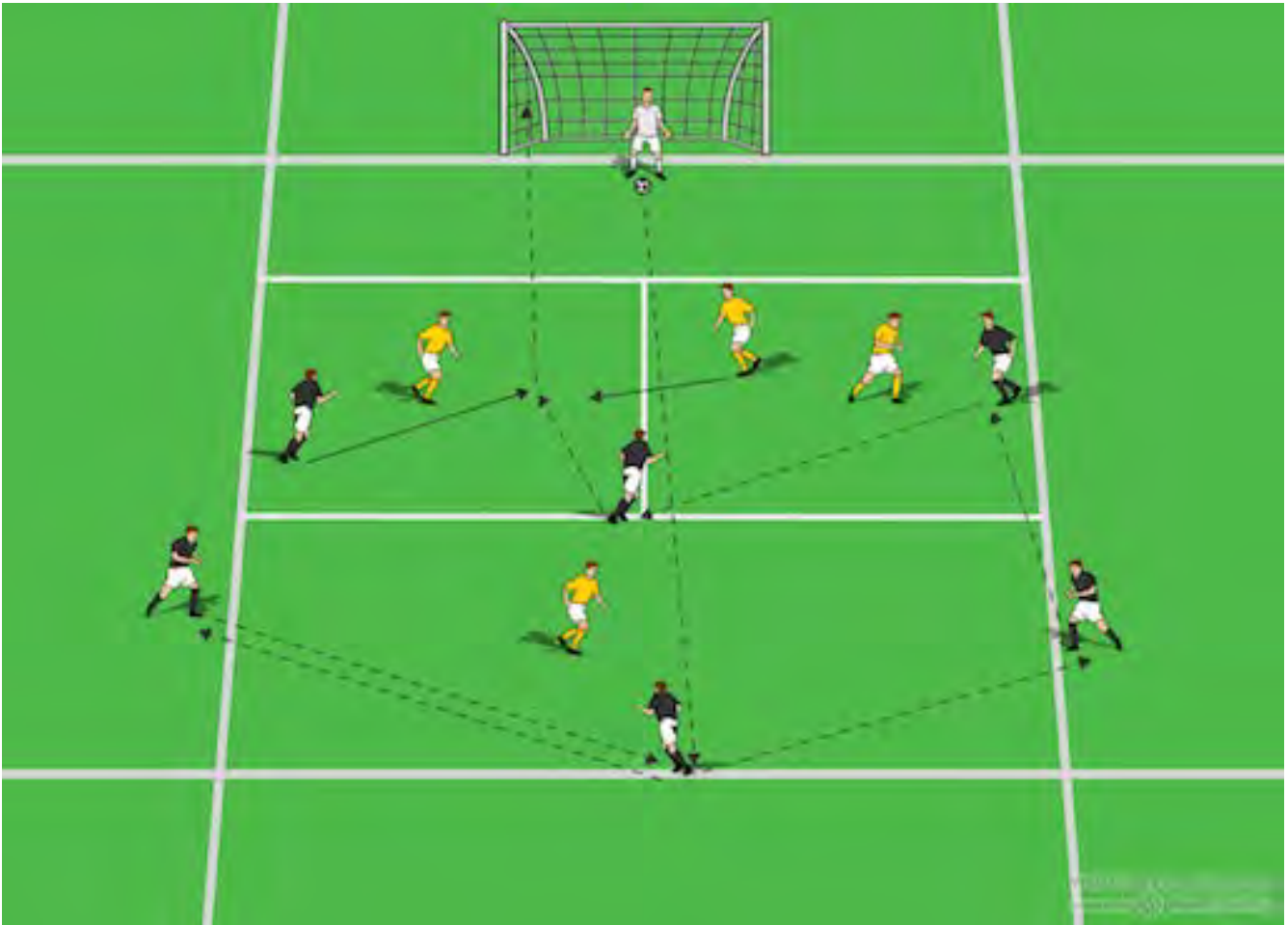
A rectangular area is divided into three areas; a lower and horizontal one to build up and two upper one to finish. A fourth space is marked in front of the goal, where anyone can run inside, as only the goalkeeper can be active there. A 3 v 1 duel is played inside the lower area to build up (one player is placed on the lower line and two on the outer lines) after the pass of the goalkeeper; at least one wall passing combination is required before playing forward inside the finishing areas. Two 1 v 1 duels are played there, and the attackers must cut inside to receive and to finish; both must touch the ball before shooting. If the defenders win the ball, they can shoot directly wherever they recover the possession.

### Variations

- Fix a limit of time to build up and to finish the attacking phases
- If the defenders win the ball, they must combine inside the finishing areas before shooting

**Eye on:** quick build up and finishing, finish overcoming an opponents, move off the ball.

## Exercise 24: 3 v 1 to build up and 3 v 3 to finish



### Sequence

A rectangular area is divided into three areas; a lower and horizontal one to build up and two upper ones to finish. A fourth space is marked in front of the goal, where anyone can run inside, as only the goalkeeper can be active there. A 3 v 1 duel is played inside the lower area to build up (one player is placed on the lower line and two on the outer lines) after the pass of the goalkeeper; at least one wall passing combination is required before playing forward inside the finishing areas. A 3 v 3 duel is played there, as the attackers must cut inside to receive and to finish and they are helped by the link teammate in the middle; all them must touch the ball before shooting. A third defender is then added to create momentary numerical advantages 2 v 1 during the defense phase, inside the area where the ball is being played. If the defenders win the ball, they can shoot directly wherever they recover the possession.

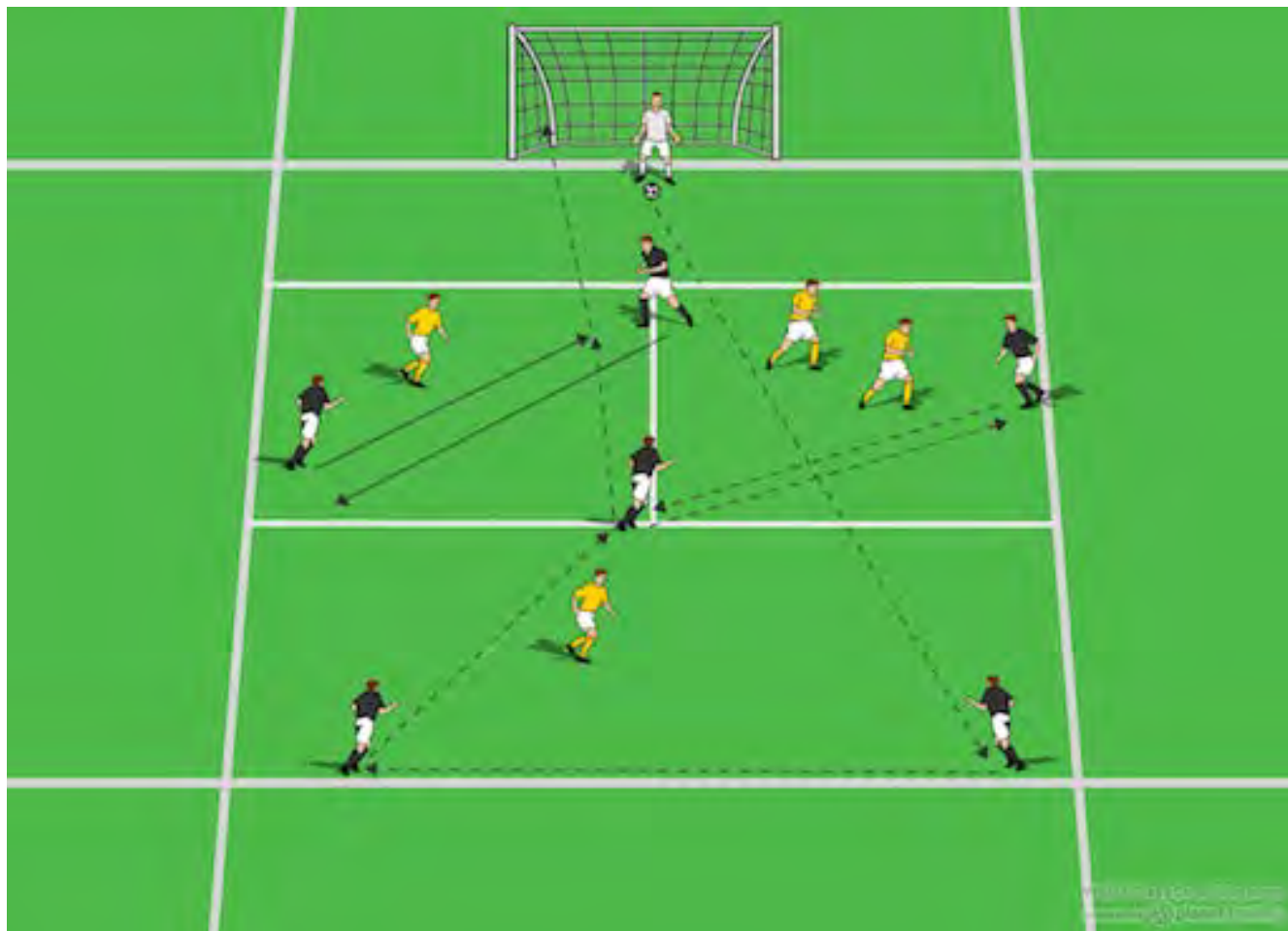
### Variations

- Fix a limit of time to build up and to finish the attacking phases
- If the defenders win the ball, they must combine, playing 3 v 3 inside the finishing areas before shooting within 8"

**Eye on:** quick build up and finishing, finish after fast passing combination, quick counter attacks.



## Exercise 25: 2 v 1 to build up and 4 v 3 to finish



### Sequence

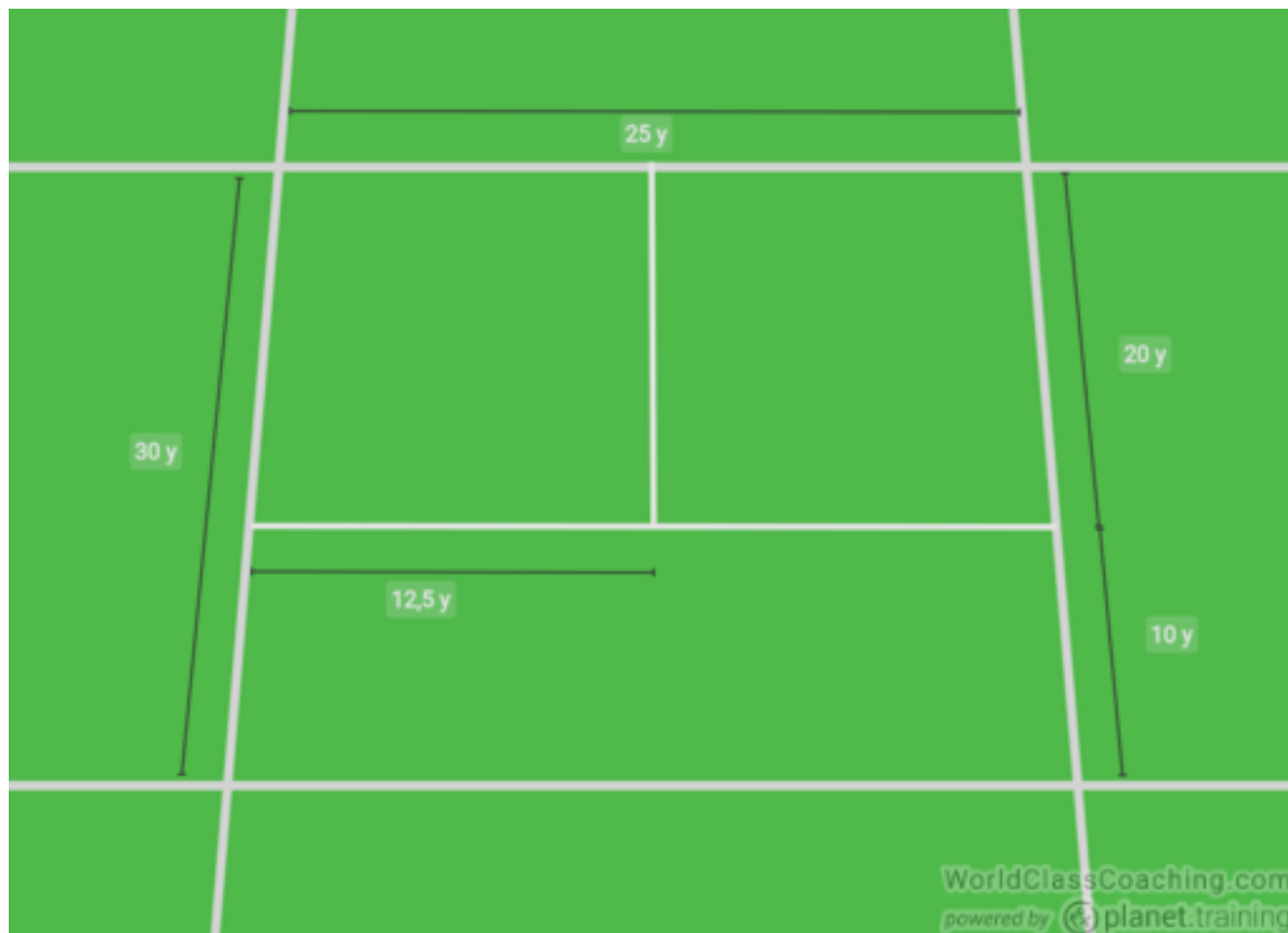
A rectangular area is divided into three areas; a lower and horizontal one to build up and two upper ones to finish. A fourth space is marked in front of the goal, where anyone can run inside, as only the goalkeeper can be active there. A 2 v 1 duel is played inside the lower area to build up after the pass of the goalkeeper. A 4 v 3 duel is played inside the finishing areas; two one 1 v 1 duels with a third defender to create momentary numerical advantages 2 v 1 during the defense phase, inside the area where the ball is being played and two more lower and upper attacking players in the center. At least one wall passing combination is required before switching the finishing area, while the two players off the ball must exchange their positions. After these combinations, the move can be finished. If the defenders win the ball, they can shoot directly wherever they recover the possession.

### Variations

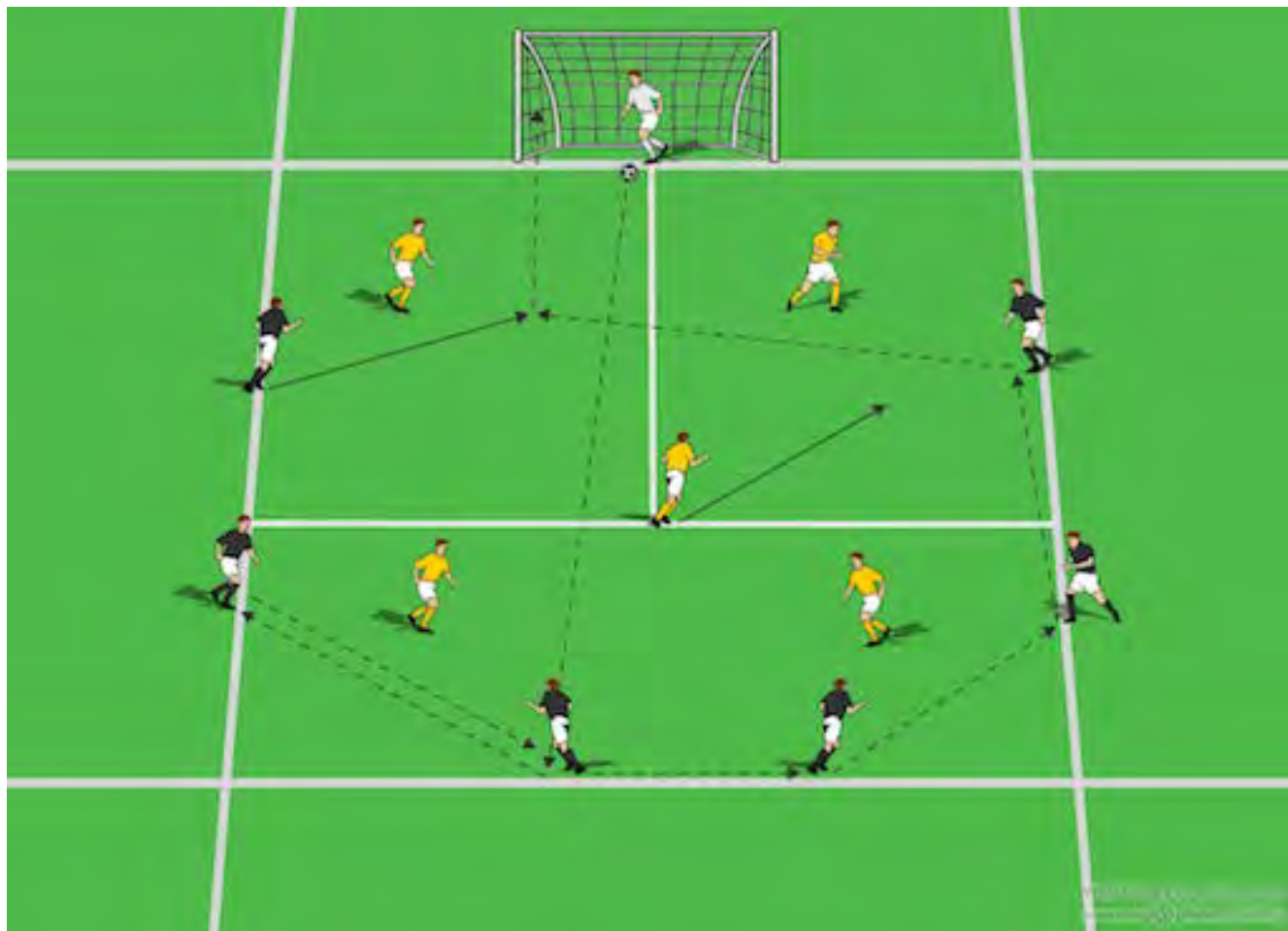
- Fix a limit of time to finish the attacking phases
- If the defenders win the ball, they must combine, playing 3 v 4 inside the finishing areas
- Ask the players different rotations of positions

**Eye on:** quick build up and finishing, finish after fast passing combination, quick counter attacks, timing of runs and rotations off the ball.

## Three grids Rondos (2)

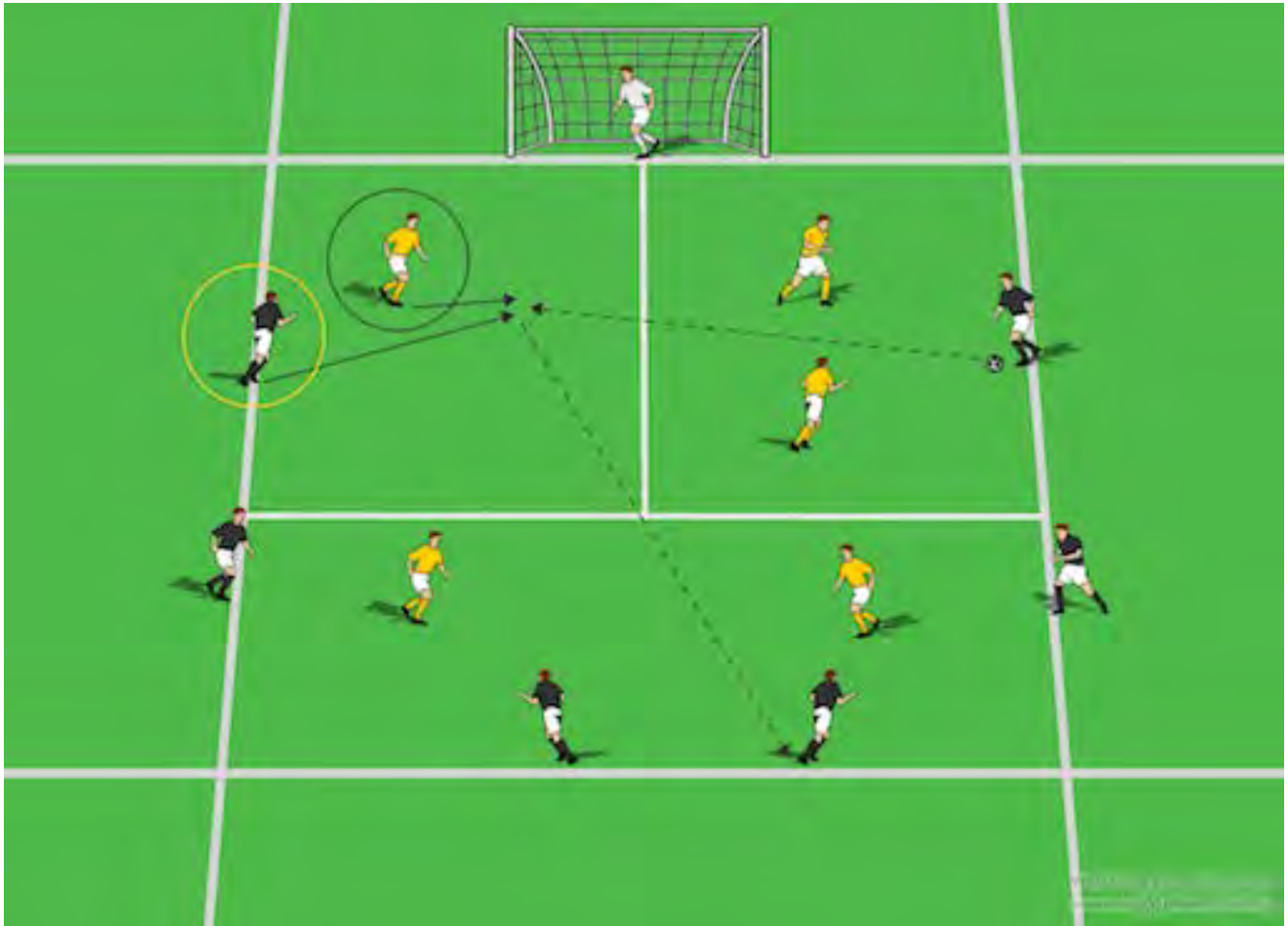


## Exercise 26: 4 v 2 to build up and 2 v 3 to finish - Counter attack or switch the roles



### Sequence

A rectangular area is divided into three areas; a lower and horizontal one to build up and two upper ones to finish. A 4 v 2 duel is played inside the lower area to build up after the pass of the goalkeeper. A 2 v 3 outnumbered duel is played inside the finishing areas; two one 1 v 1 duels with a third defender to create momentary numerical advantages 2 v 1 during the defense phase, inside the area where the ball is being played. At least one wall passing combination is required before switching the side of play and of attack. After these combinations, the move can be finished.



If one defender of the lower area wins the ball, they can shoot directly wherever they recover the possession.

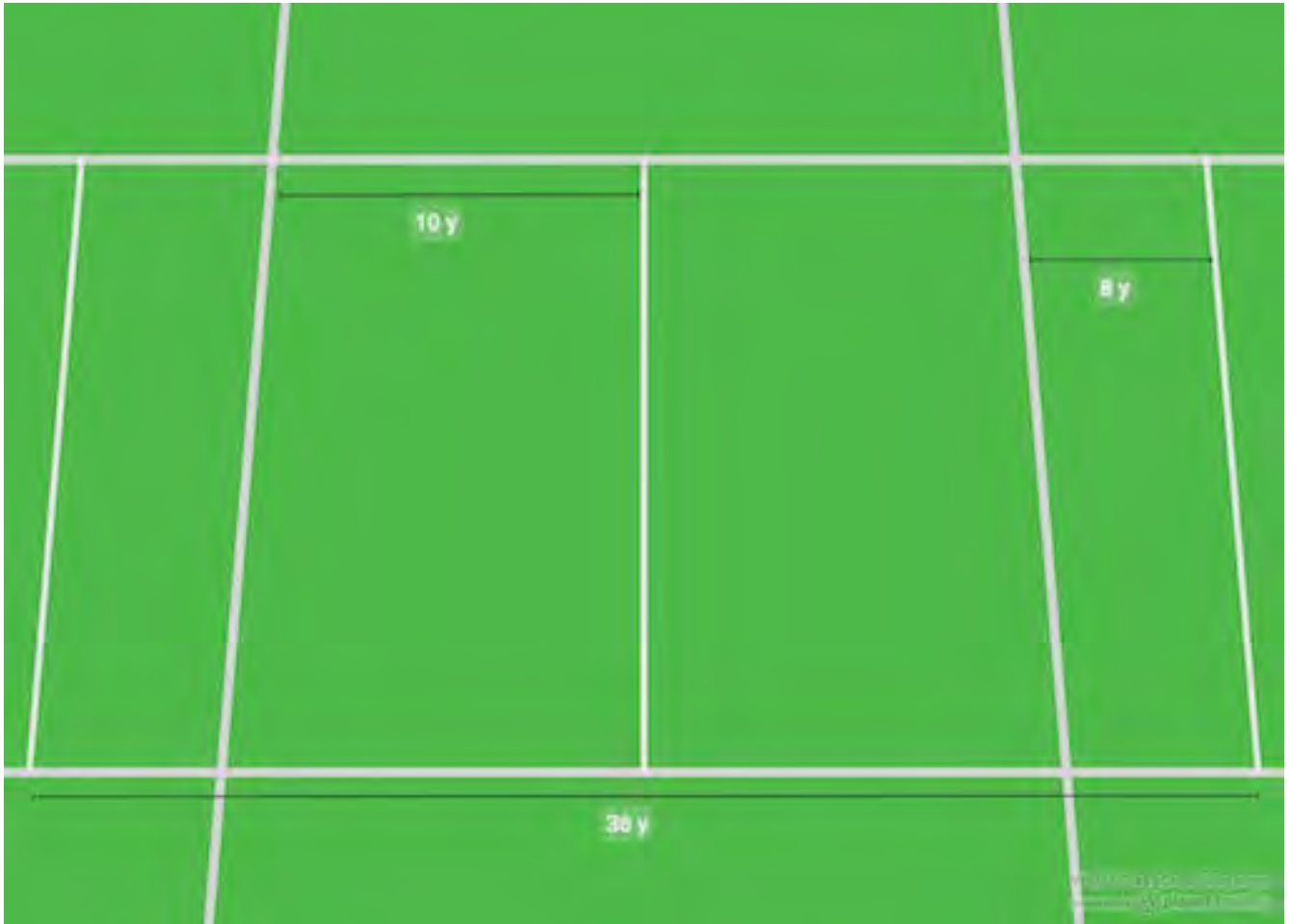
If one defender of the finishing area win the possession, he must pass the ball back to build up again, as he become immediatly a possession player and his direct opponet becomes defender

### Variations

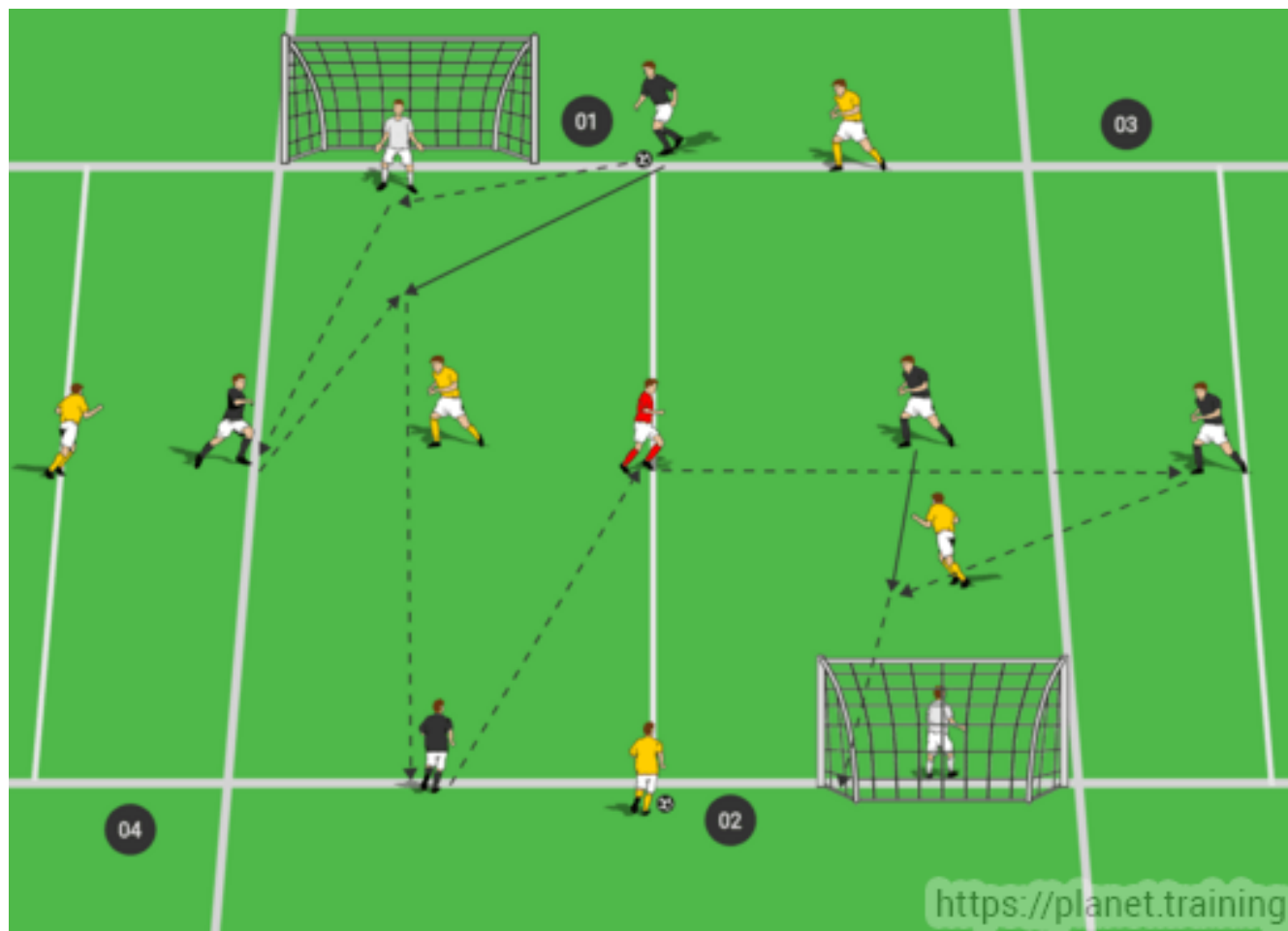
- Fix a limit of time to finish the attacking phases
- Switch the roles and the positions of five players when one defender wins the ball inside the finishing area.
- Ask the players different rotations of positions
- Counter attack within 6" if the ball is won inside the building up area

**Eye on:** quick build up and finishing, finish after fast passing combination, quick counter attacks, timing of runs and rotations off the ball, switch the roles as transition phase

## Four grids Rondos

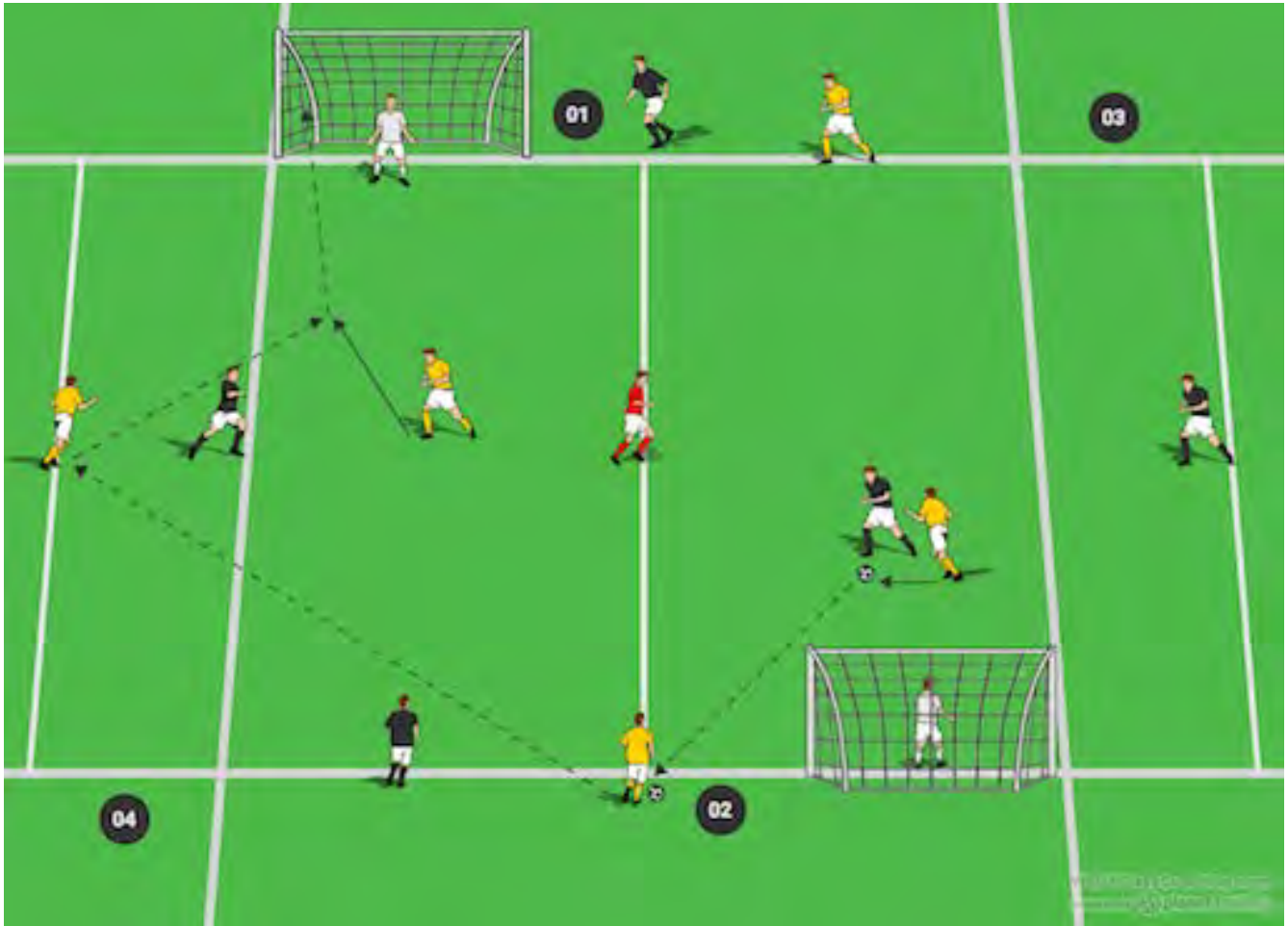


## Exercise 27: 3 + 1 v 1 and 1 + 1 v 1



### Sequence

A wide rectangular area is divided vertically into four numbered areas; two goals with goalkeepers are placed at the outer corners of the center areas 1 and 2. Even and odd numbered areas are alternated. Black and yellow players are placed alternately along the lines of the set-up as in the picture; two center players has the possession and a neutral player is placed in the middle. The coach decides where the sequence starts, calling the player in possession who must pass the ball to the goalkeeper. As the zone 1 is indicated, a 3 + 1 v 1 duel is created to build up, alternating forward and backward passing sequence, to switch the side and to finish inside the zone 2 with a cross pass from the zone 3. A 1 v 1 duel is played inside the first finishing area. The main goal is to alternate the areas after the building up phase, playing out and then inside to finish.



If the defender of the 1 v 1 duel in the zone 2 wins the ball, the side of play must be switched and the yellow team must finish inside the zone 1 with a cross pass from the zone 4.

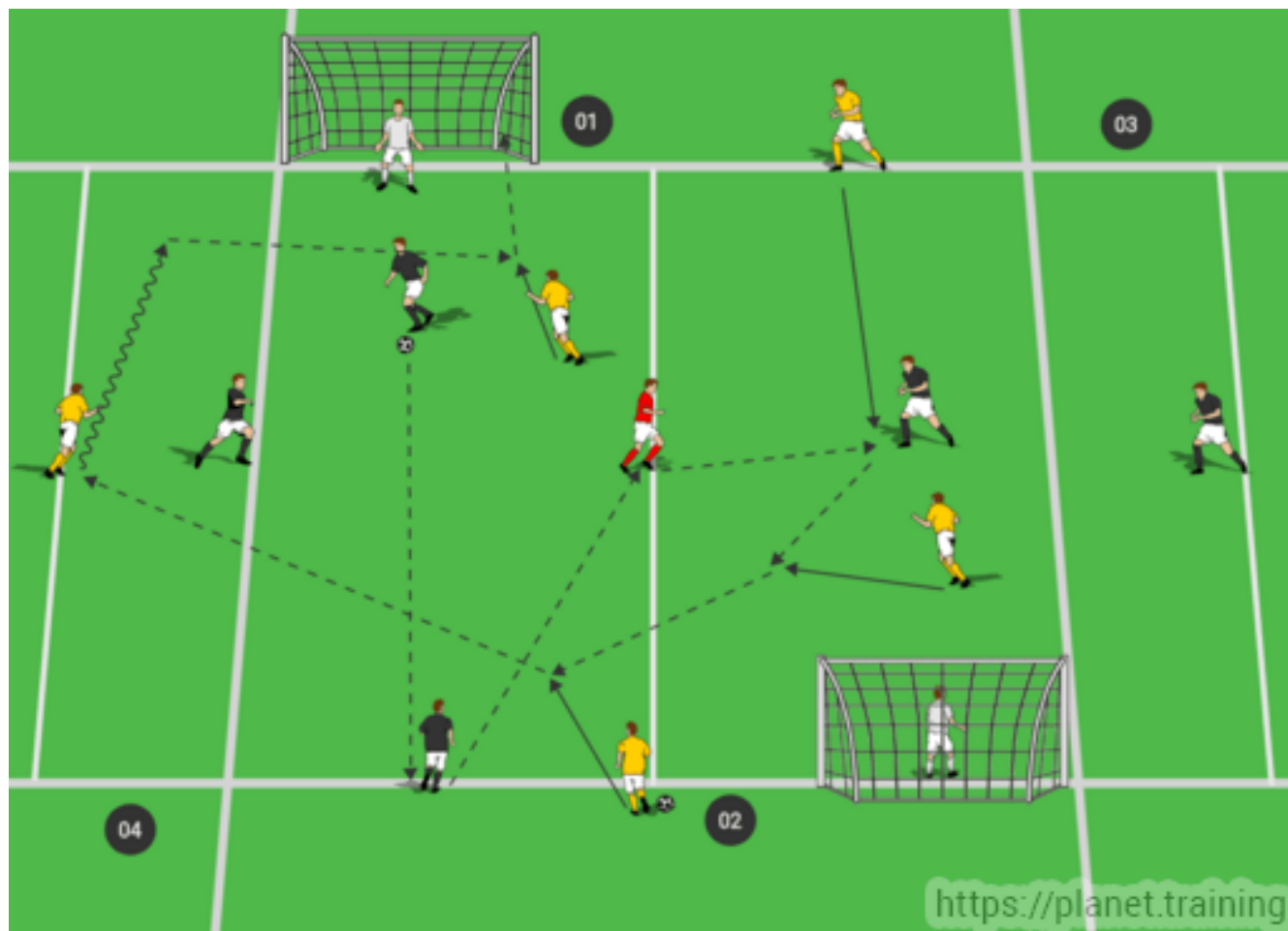
**Variation:**

- The neutral player must be served while counter attacking when the ball is recovered

**Eye on:** quick build, alternate the areas of the set up to finish and shoot, quick counter attacks switching the side of play.



## Exercise 28: 3 + 1 v 1 and 2 v 1 duels to counter attack



### Sequence

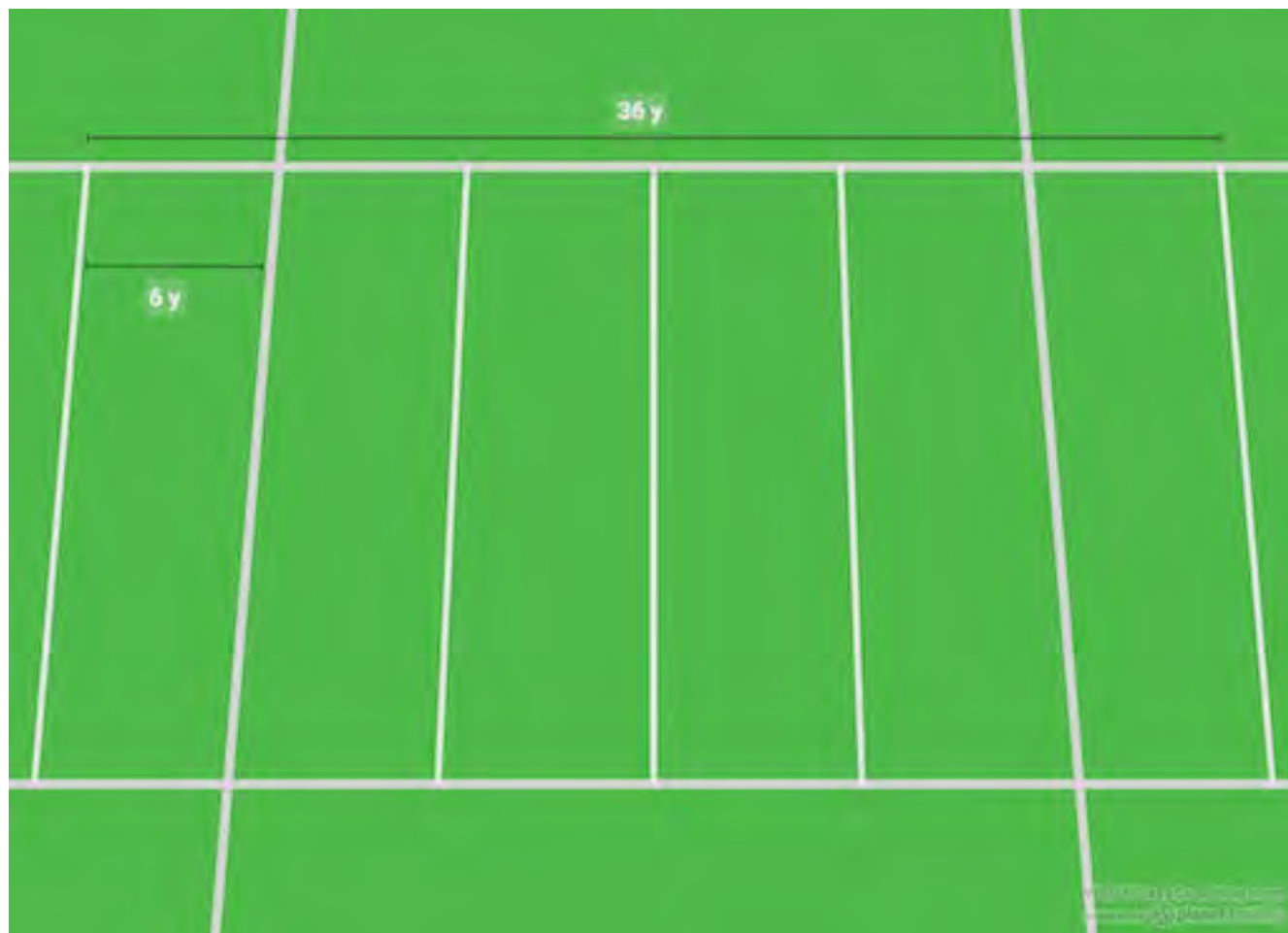
This is a variation of the previous exercise. The first part of the sequence is the same as well as the objectives for the team in possession.

If the defending team wins the possession, all the players must touch the ball to switch the side and to finish; 2 v 1 duels are then played inside the center areas 1 and 2. The goals are valid only after a final cross pass as in the picture.

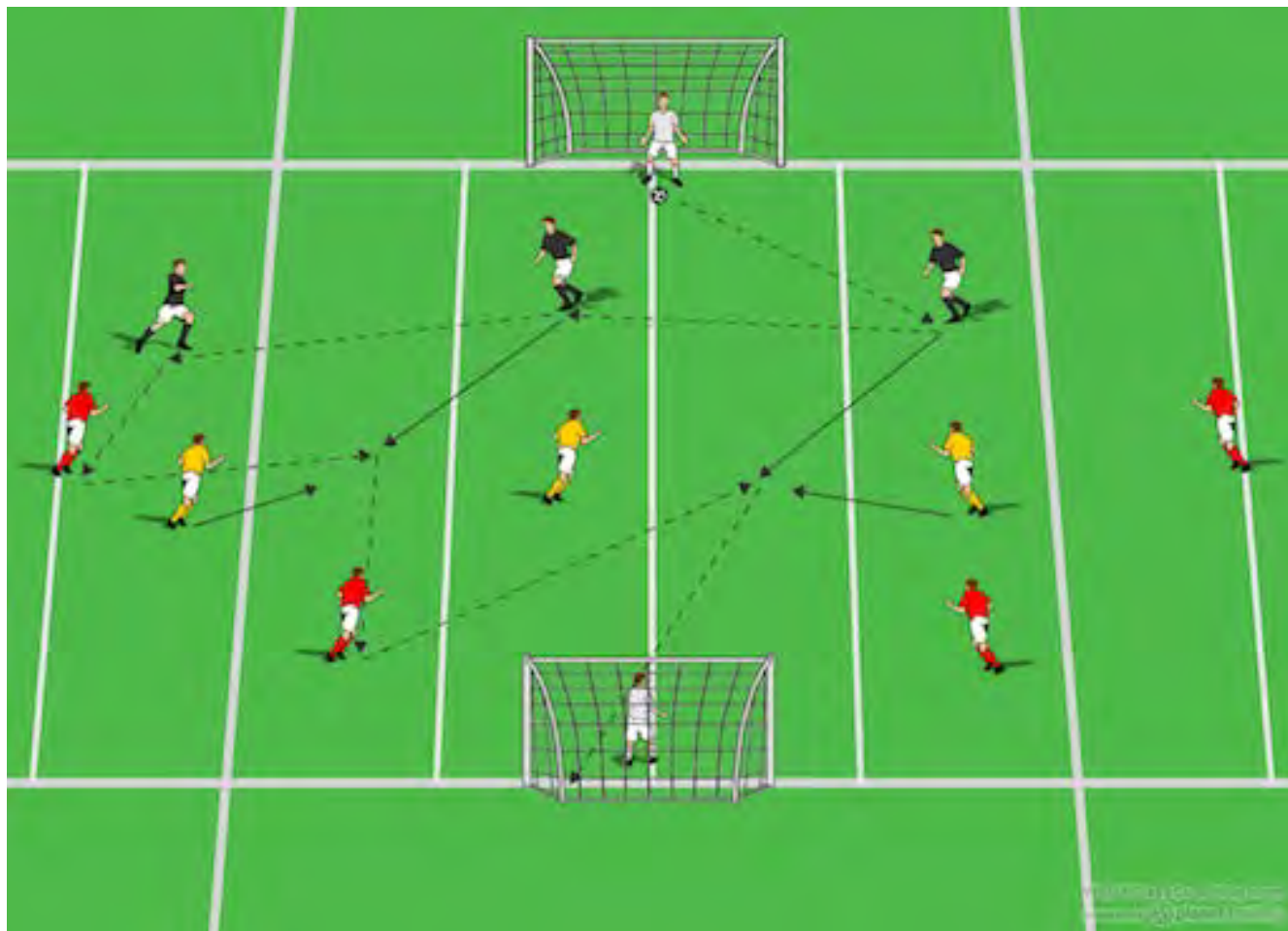
**Eye on:** create numerical advantage and switch the side to counter attack



## Six grids Rondos

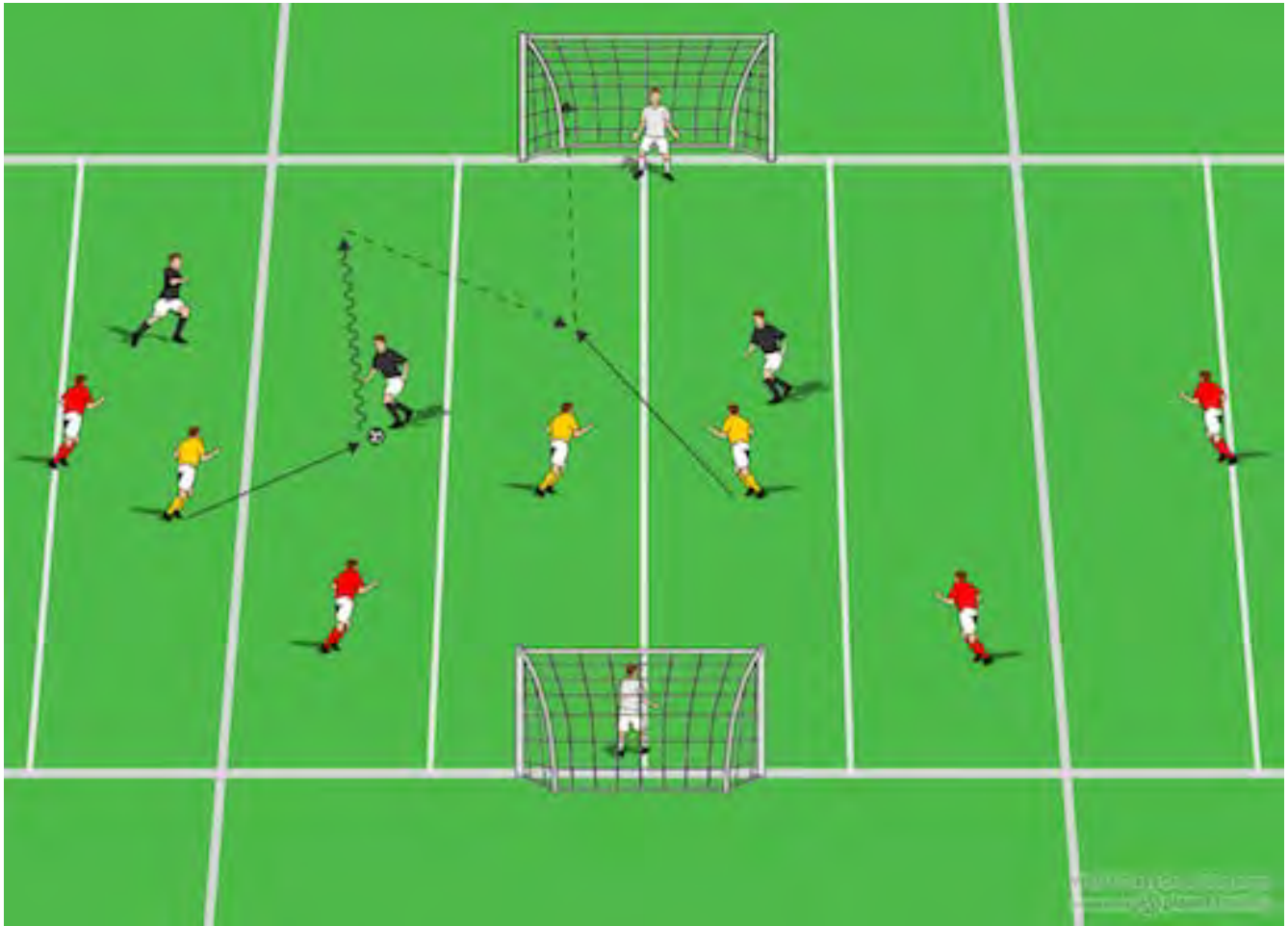


## Exercise 29: 3 v 3 + 4 to exploit the half spaces (1)



### Sequence

A wide rectangular area is divided vertically into six areas; two goals with goalkeepers are placed in the center of the longer sides. 3 black possession players are placed inside the first, the third and the fifth grid from the left, as well as the three defenders. Four neutral players are supports for the team in possession; two of them are placed wide and fixed and the other two can move freely all over the space. The goal for the team in possession is to pass the ball through the grid among them and to receive the passes from the neutral player inside a different space. The passes must be alternated as much as possible and the last pass before shooting must come from a neutral player.



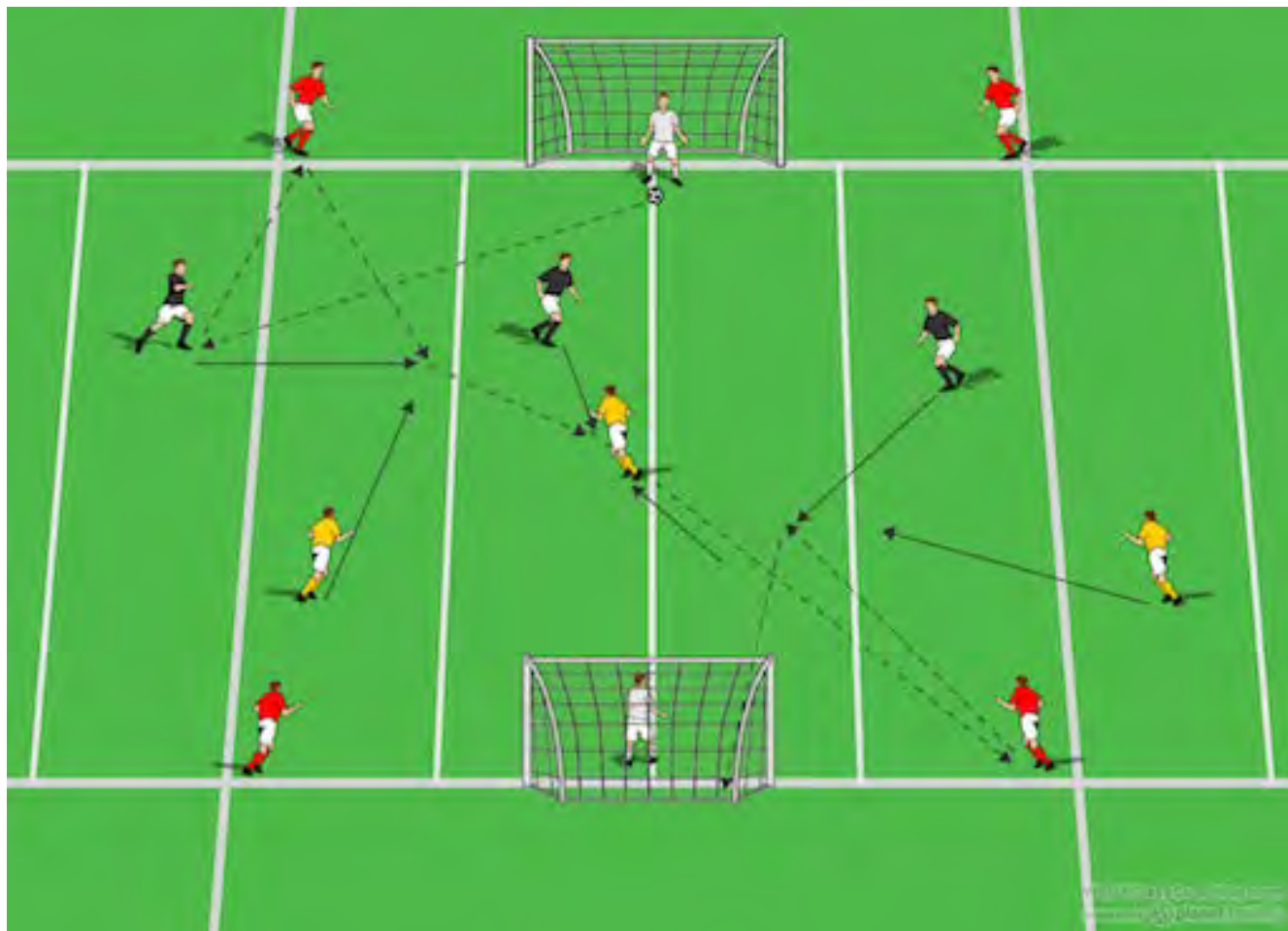
If the defenders win the possession, they must counter attack using the half spaces.

**Variation:**

- If the defenders win the possession, they must counter attack through the opposite side

**Eye on:** change the space every pass, move among the different spaces to create scoring chance for the teammates

### Exercise 30: 3 v 3 + 4 to exploit the half spaces (2)



#### Sequence

A wide rectangular area is divided vertically into six areas; two goals with goalkeepers are placed in the center of the longer sides. 3 black possession players are placed inside the first, the third and the fifth grid as well as the three defenders. Four neutral players are supports for the team in possession; they are placed and fixed at the corners of the second and of the fifth grid from the left.

The goal for the team in possession is to pass the ball through the grids and among them and the neutral players with triangle passing combinations. The passes must be alternated as much as possible and always received inside a different space; the last pass before shooting must come from a neutral player. If the defenders win the ball, they must play the same way toward the opposite goal.

**Eye on:** change the space every pass, exploit the space while receiving a pass