

# Kentucky Youth Soccer Lesson Plans

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## 10 Variations of Rondos

Adrian Parrish  
Technical Director



# What is a Rondo ?

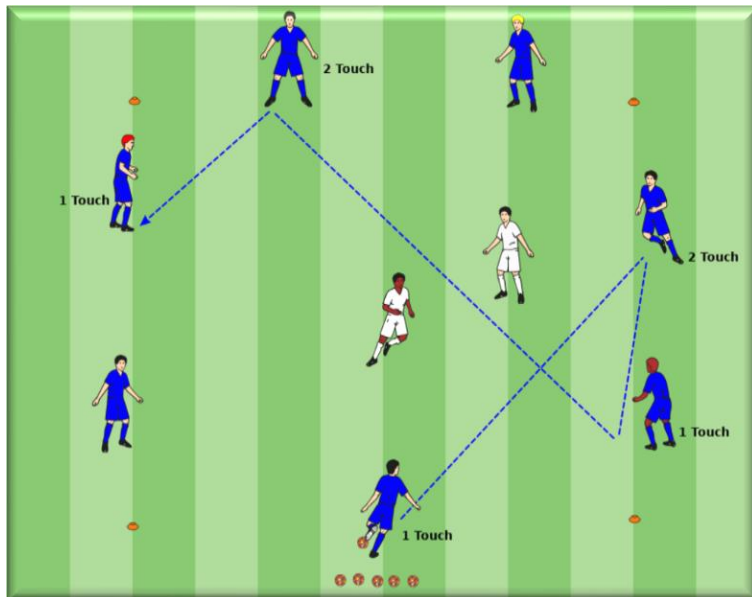
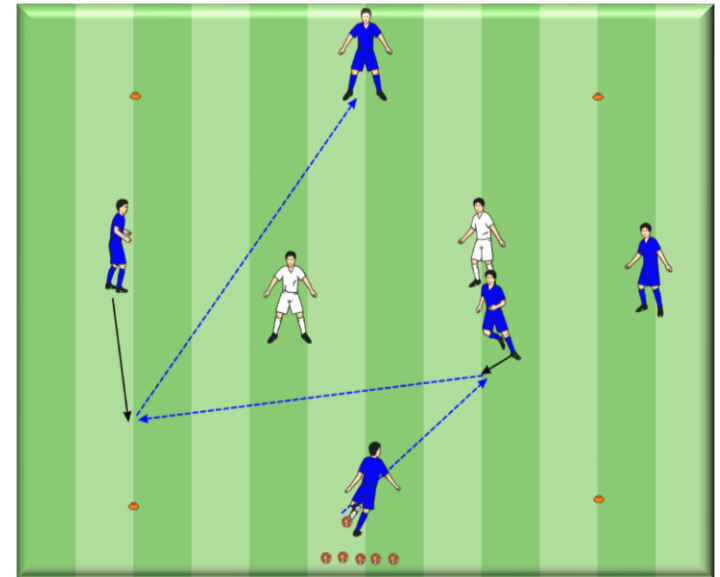
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- A **rondo** is a type of game, similar to keep away. Usually in a **rondo**, one group of players **are** tasked with keeping possession of the ball while completing a series of passes, while a smaller group of players (sometimes a single player) tries to win possession back.
- Rondos are used to improve player decision making, coordination, team play, creativity, competitiveness, and physical conditioning.
- Rondos take place in close proximity, with the possessing group often circled around the opposing group, however they can be done within squares and triangles.
- A rondo can be used to help improve positional awareness
- Grid sizes and playing numbers can vary depending on age and ability
- Dutch Legend, Johan Cruyff once quoted “Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven’t got the ball, how to play ‘one touch’ soccer, how to counteract the tight marking and how to win the ball back.”



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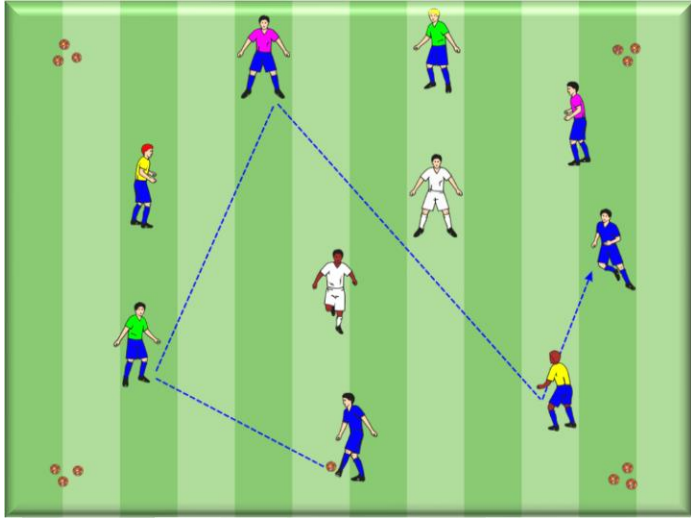
- 5v2 Rondo in a 10x10 yard grid
- 4 Attackers on the outside, 1 Attacker in the middle
- 2 Defenders in the middle
- Attackers score a point if they can play through the central player and out the other side
- Attacking team still maintains possession if the middle player plays back or to the outside.
- If the defenders win the ball, they play 2v1 keep away in the middle.



- 7v2 Rondo in a 10x10 yard grid
- 7 Attackers on the outside
- 2 Defenders in the middle
- Used to build a rhythm, passing pattern is played in a 1 touch, 2 touch, 1 touch, 2 touch build up
- Defenders switch if possession is won or pattern is broken

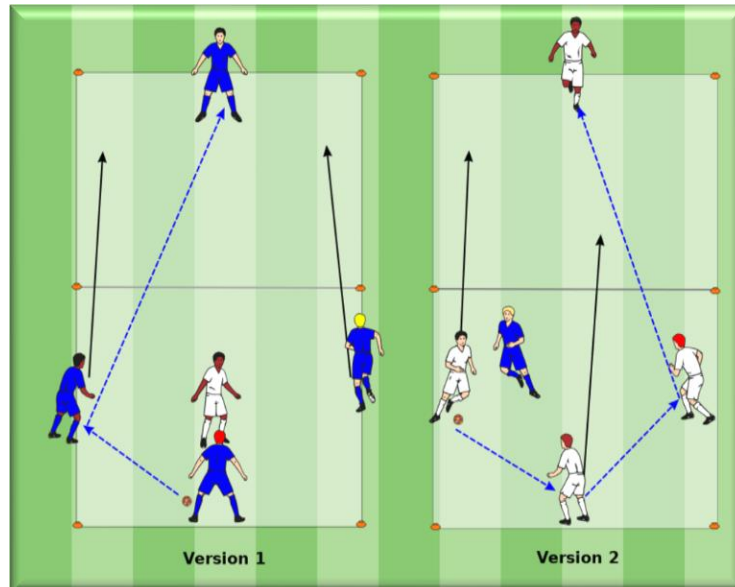


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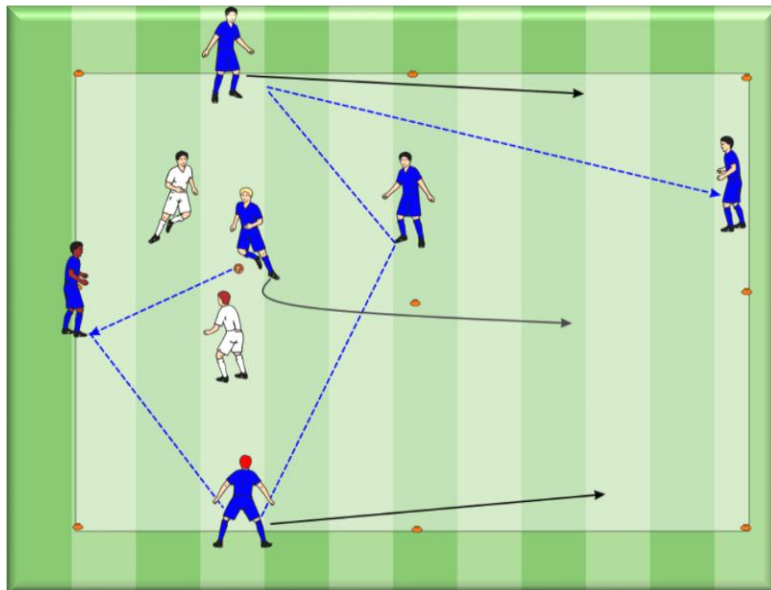
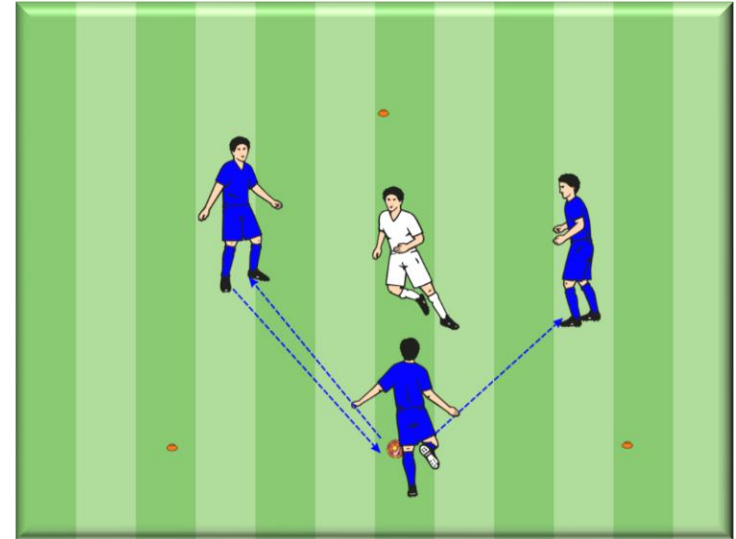
- 8v2 Rondo in a circle
- Attackers on the outside are placed in pairs, but can not stand next to each other
- 2 Defenders in the middle
- Partners of the same colored vest can not pass to each other, nor can they stand next to each other.
- Defenders stay in the middle for a minute, and score a point for each time they can possession or one partner passes to his or her team mate wearing the same color vest.

- 3v1 Sliding Rondo
- Two grids of 6x12 with a halfway line on each grid
- Play 3v1 in the half with the aim to pass to the target in the other half.
- Once the ball is played two players join.
- If the defender wins the ball or the attacking team play the ball out of bounds they switch over with the player that caused the error
- Version 2: The player that passes the ball over does not move to support the pass.



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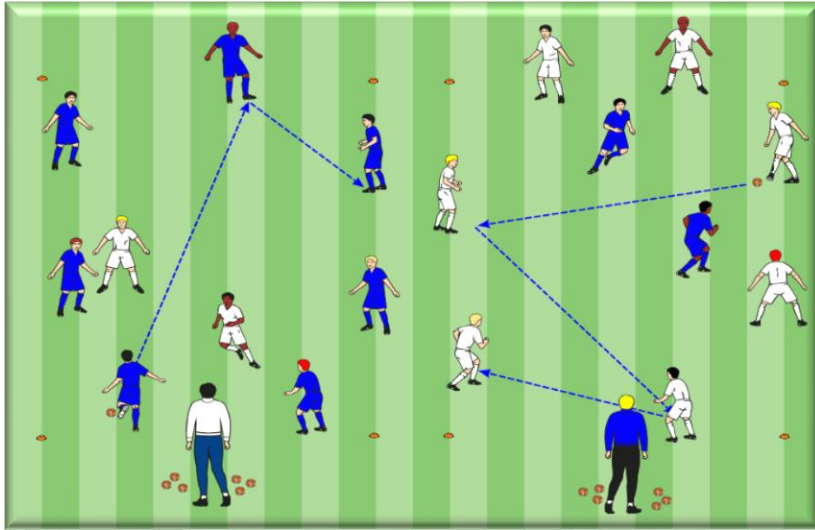
- 3v1 Rondo in a 5x5 Yard Triangle
- Players have to play one touch passes
- Outside players stay balanced and move on their side only with quick efficient steps
- Defender stays in the middle for 20 seconds and keeps count of the amount of times they get a touch on the ball or the attackers lose possession



- 5v2 Sliding Rondo, grid may vary depending on age and ability of players
- Any attacking player can transition the ball over. The end line players will always stay with the player on the halfway line will swivel when the ball is transitioned over.
- Middle and side players move along with the defenders.
- If the defenders win it they play 2v1

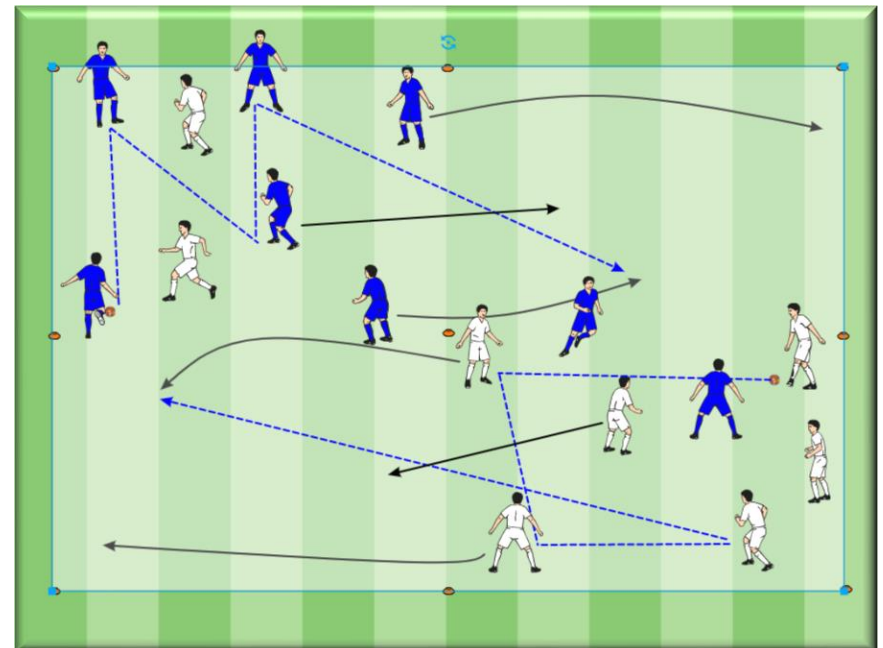


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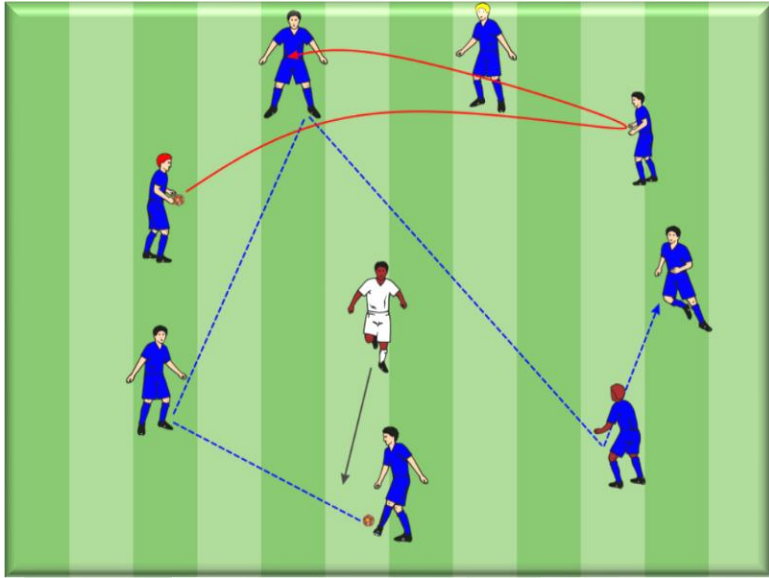


- Two groups of 7v2, with a coach control each grid
- Grids are 14x12 (can vary on age and ability)
- Team of seven keeps possession for one minute.
- Every one touch pass counts as a point.
- After one minute the defenders switch back to being an attacker in their own grid.
- Teams add up the amount of one touch passes completed at the end of the minute.
- Players may take two or more touches if needed

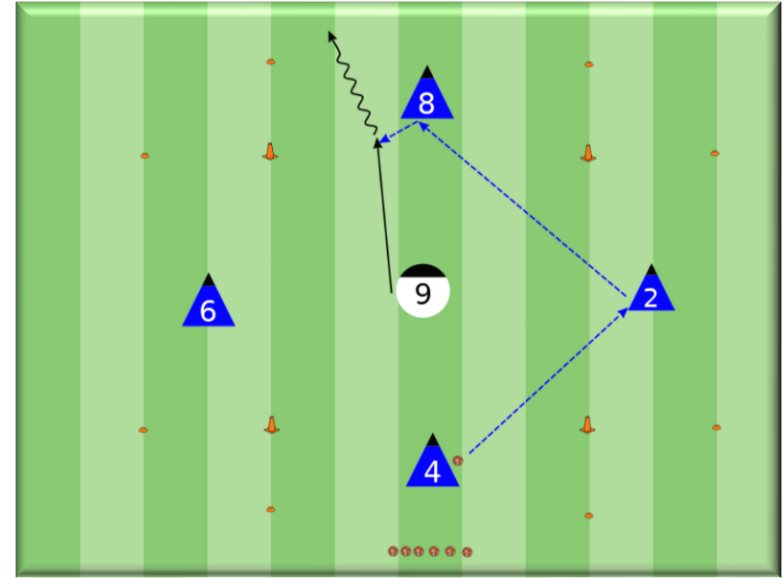
- Two Groups of 6v2 Sliding Rondos
- 4 grids of 12x12 (can vary on age and ability)
- After a set number of passes the attacking team can transition into any of the two empty grids
- If the defenders win possession the keep the ball away from the six attackers within that grid.
- Defenders stay in the middle for sixty seconds
- Winning team is the one that can transition the most time within sixty seconds.



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- Cognitive Rondo, with two soccer balls
- One ball is being passed around and the other ball is being thrown around, forcing the players to continuously keep their head on a swivel.
- If the player drops the ball that is being thrown around they have to do two push ups
- If the player loses the ball that is being passed around to the defender or misplaces the pass they switch with the defender.
- If the defender has not switched after 30 seconds the coach can switch them out.
- A second defender can be added



- Positional Rondo, that includes two defenders and two midfielders to help with building out of the back
- A 6x6 grid with a 6x3 zone on each side for the attacking team to stay in.
- Attacking team can not go in the middle square, but the defender is free to go anywhere.
- If the defender wins possession they dribble out of the zone from which player gave it away, this creates a 1v1.