

THE BASIC RONDOS (1v4, 1v3, 2v4)

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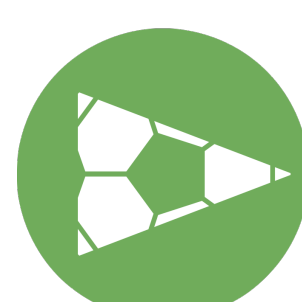
Setup:

- Create a square with 4 cones, with sides ranging from 5 to 10 meters based on the number of players, and their age and skill level.
- Place 1 or 2 players as defenders in the middle.
- Position 3 or 4 players around the square.



Why Use This Drill?

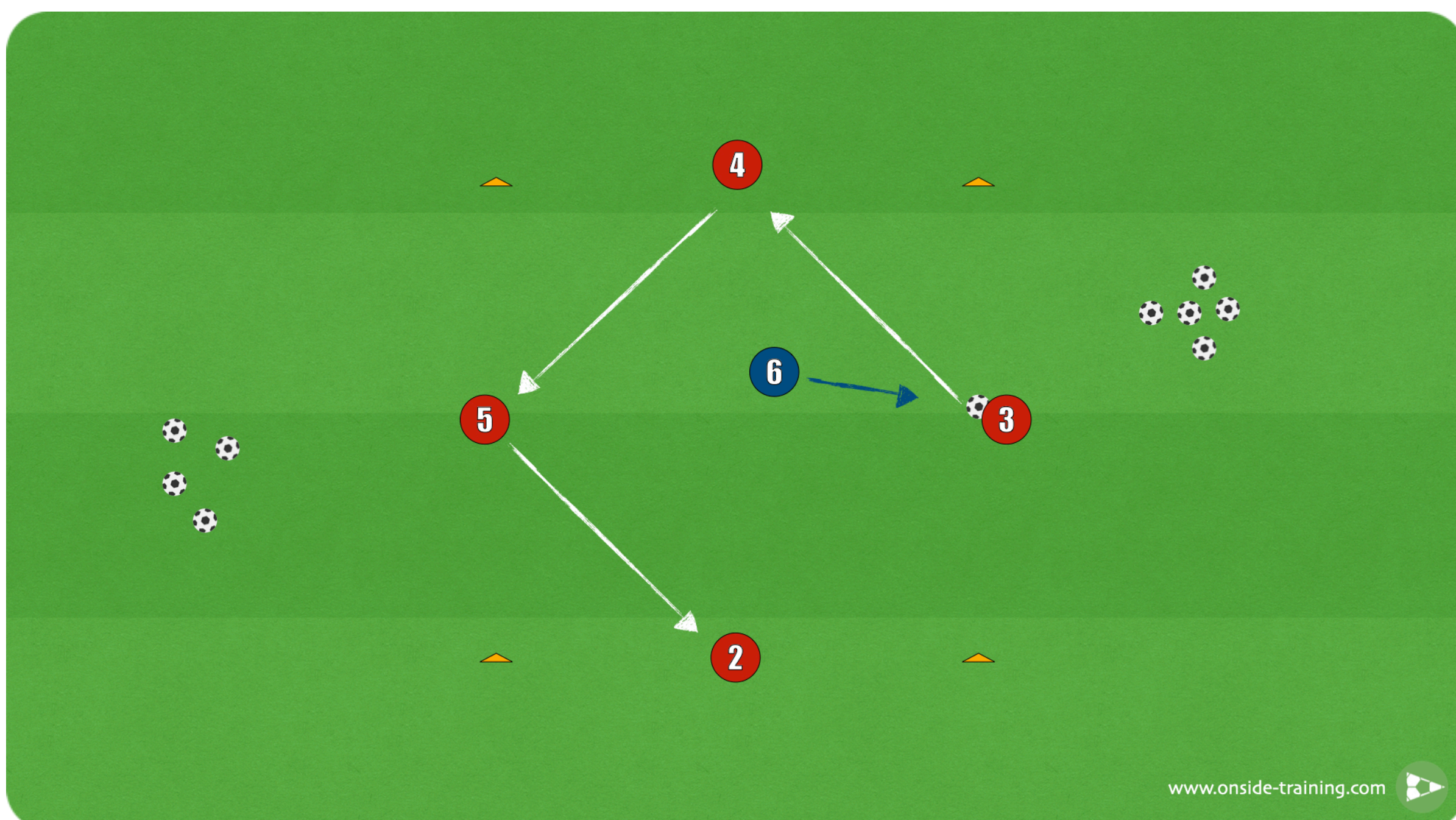
The Rondo Drills are among the most used and popular exercises in football/soccer, favoured by top teams worldwide and highly beneficial for amateur and youth teams. Players develop the skill of passing in confined spaces under pressure, learning movement without the ball, and defenders practice pressure and communication. If 10 consecutive passes are completed, players in the middle can receive a penalty, such as performing 10 push-ups.



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How It Works

These basic rondos revolve around possession players passing within the square while avoiding the defender(s). Defenders aim to win the ball or force a mistake. If successful, the defender who has been in the longest swaps places with the attacker who made the mistake.

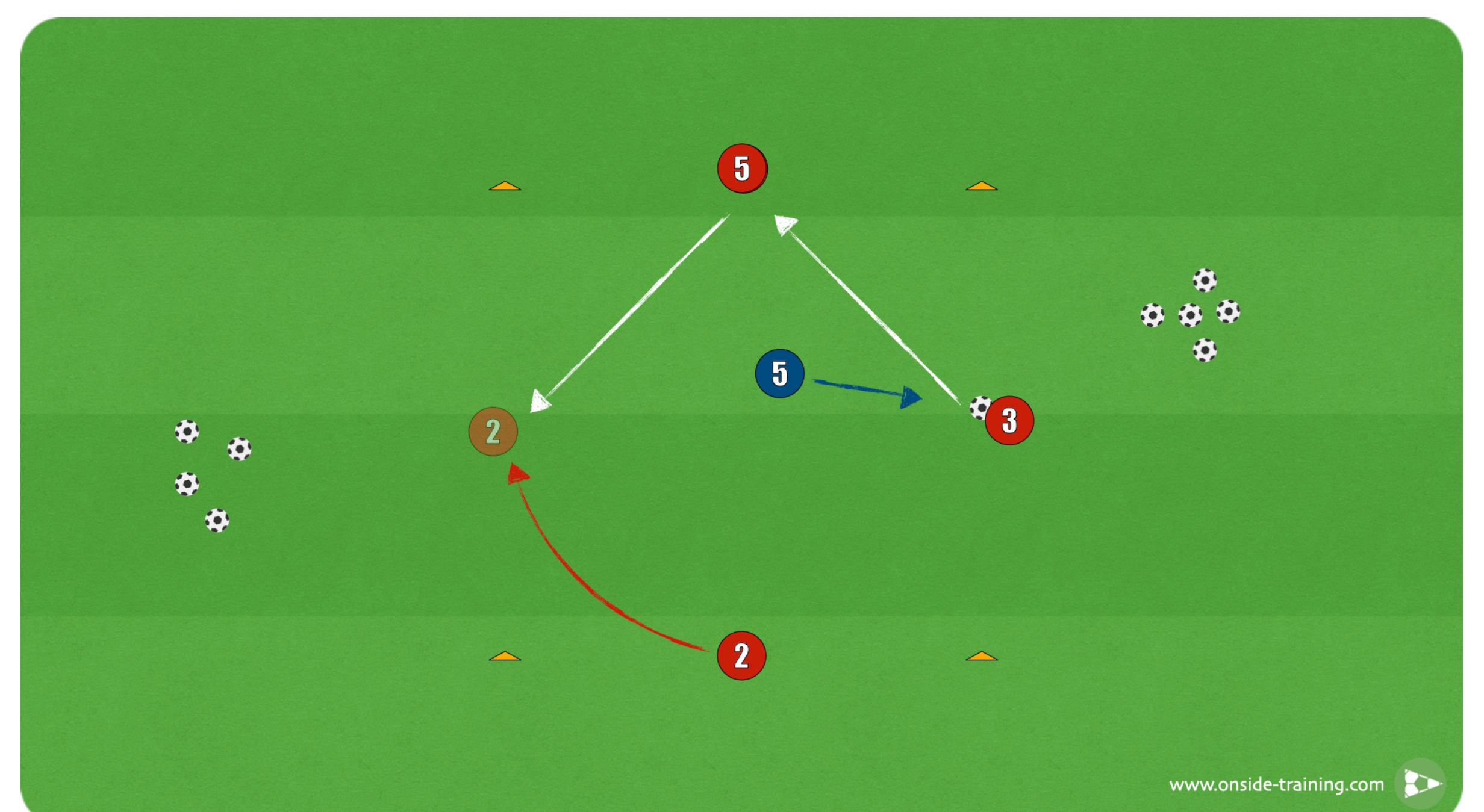


1v4 (The Barcelona Rondo)

The possession players stand on each side of the square, moving up and down to create passing lanes. The central defender focuses on shutting down passing lanes and maintaining pressure.

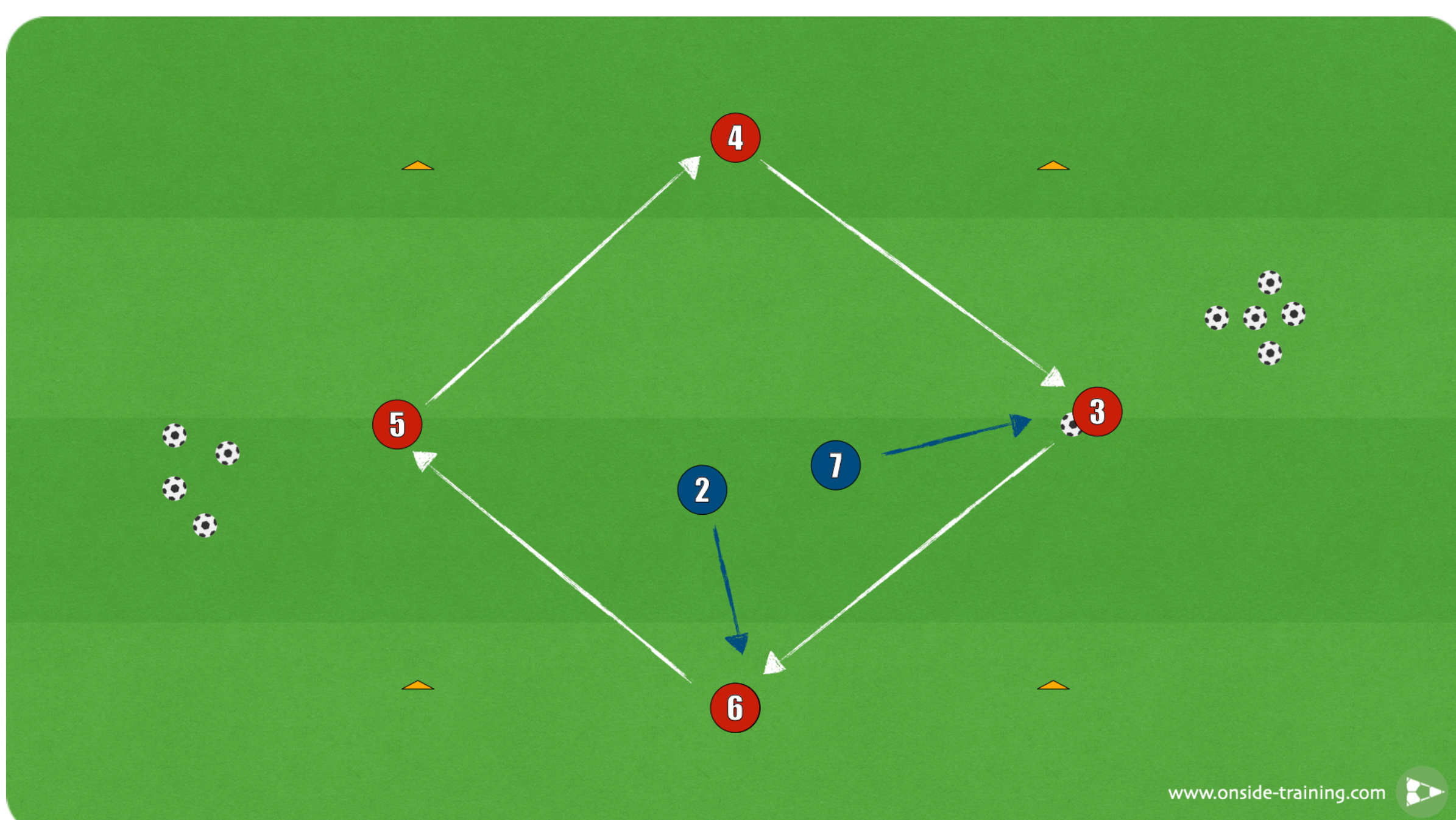
1v3 (The Liverpool Rondo)

The possession players stand on the sides, leaving one side free. Players move around to different sides of the square to create passing lanes.



2v4 (The Classic Rondo)

The possession players stand on each side, creating passing lanes. The two defenders in the middle aim to win the ball through pressing and communication.



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