

WARM-UP RONDO DRILL BY FC BARCELONA

 **Players:** +8

 **Time:** 10-20 min

 **Focus:** Warm-Up / Possession

 **Age:** U8+

 **Intensity:** 2/10

SETUP

- Form a circle with your outfield players on the edge, with 2 players inside as defenders.
- Give one outer player a ball and keep spare balls just outside the circle.
- Adjust the size of the circle and the spacing based on the players' age and skill level.

KEY POINTS

This FC Barcelona-inspired rondo is a fun, easy way to start a session. The outer players keep the ball moving around and across the circle while the two players in the middle press to win it. Whoever loses the ball goes into the middle and becomes a defender. Add a 1 or 2 touch limit to raise the tempo, or set a passes-in-a-row challenge with a small penalty. The drill warms players up while developing passing under pressure, first touch, awareness and pressing.

