

Rondo Variants “Keep It Simple” – “8V3”

GameFocusResetProgression

Coaching Points

- Keep open body in relation to the ball.
- Keep calm under pressure.
- Receive on the back foot.
- Bounce pass to draw defender in.
- Play away from pressure.
- Head up on receive the ball.

Progressions

- Strong foot -> 1 touch
- Weak foot -> 2 touch
- Allow defenders to tackle.

