



6

RONDOS YOU SHOULD BE DOING

PDF Guide

With Coach Stiles



What is a Rondo?

A type of **football** (soccer) training drill where one group of players tries to keep **possession** of the ball while a smaller group (or single player) tries to win it back (5v2, 6v3, etc.) usually in a tight space or small grid.

These are usually used as warm up drills focusing on quick decision-making under pressure, first touch, spatial awareness, and angles of support. Each drill can be run in sets of 90 seconds with 30 seconds recovery in between sets.

X

Attackers

O

Defenders

□

Neutrals
(play with whichever team has the ball)

1

5 v 2

Easy

Set up:

- 10 x 10 yard grid
- 5 attackers & 2 defenders
- Attackers & defenders can float anywhere within the grid

Instructions:

- Attackers try to keep possession using 1 or 2 touches
- Defenders work together to press and win the ball
- The attacker who loses the ball switches roles with a defender

2

6 v 3

Easy

Set up:

- 12 x 24 yard grid
- 4 outer attackers, 2 inner attackers & 3 defenders
- Inside attackers should stay on separate sides of grid

Instructions:

- Attackers try to keep possession using 1 or 2 touches
- Outer attackers can move along the sides
- Defenders work together to press and win the ball
- The attacker who loses the ball switches roles with a defender

3

4 v 4 + 4

Intermediate

Set up:

- 20 x 20 yard grid
- 4 outer neutrals, 4 inner attackers, 4 inner defenders
- Attackers & defenders can float anywhere within the grid
- Outer neutrals can move along the sides

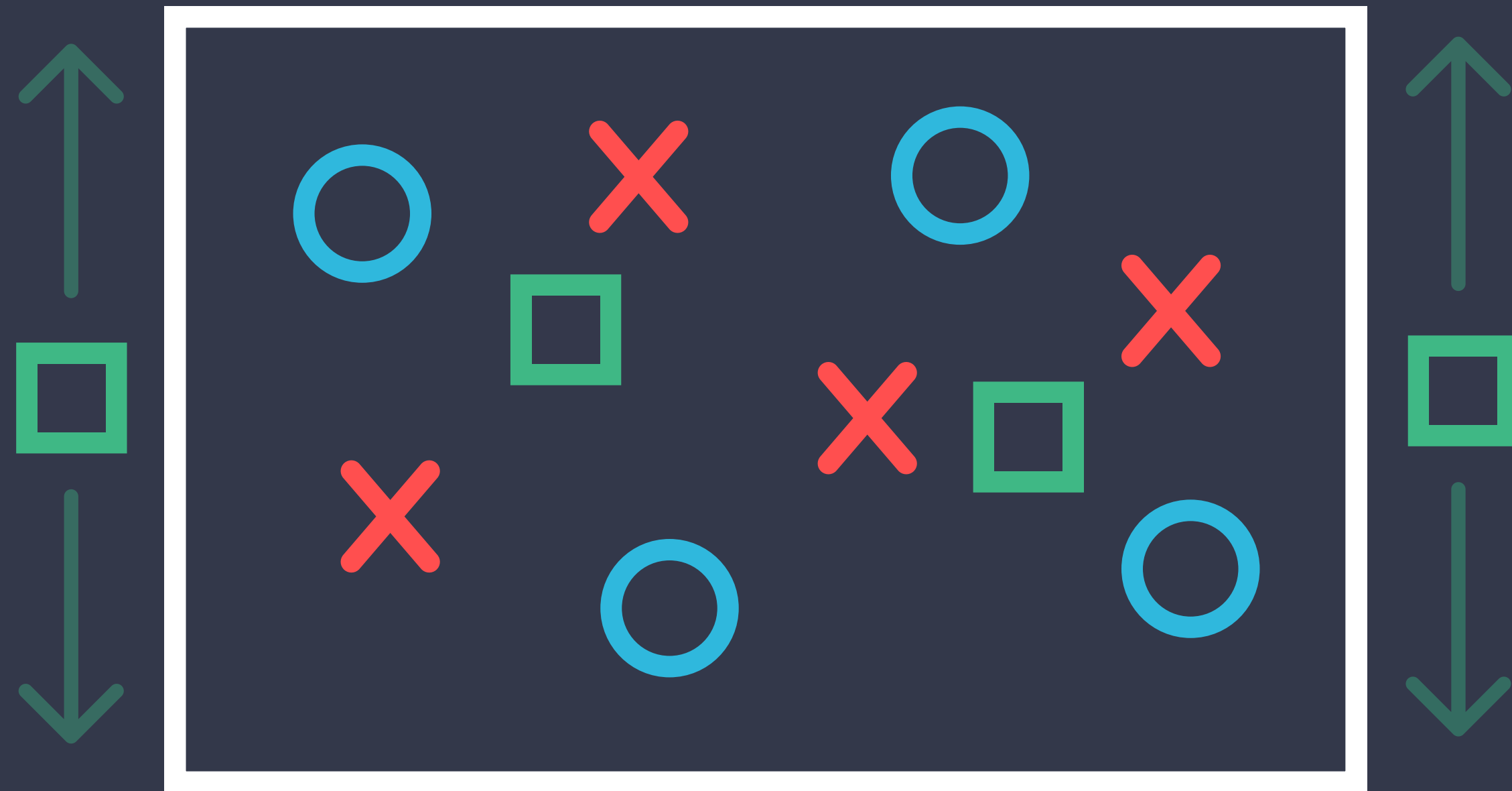
Instructions:

- Attackers & neutrals try to keep possession using 1 or 2 touches
- Defenders work together to press and win the ball
- If the attackers lose the ball, their team becomes the defenders
- Switch the neutrals every set

4

4 v 4 + 4
(with inner neutrals)

Intermediate



Set up:

- 16 x 24 yard grid
- 4 inner attackers, 4 inner defenders, 2 outer neutrals, 2 inner neutrals
- Attackers & defenders can float anywhere within the grid
- Outer neutrals can move along the sides

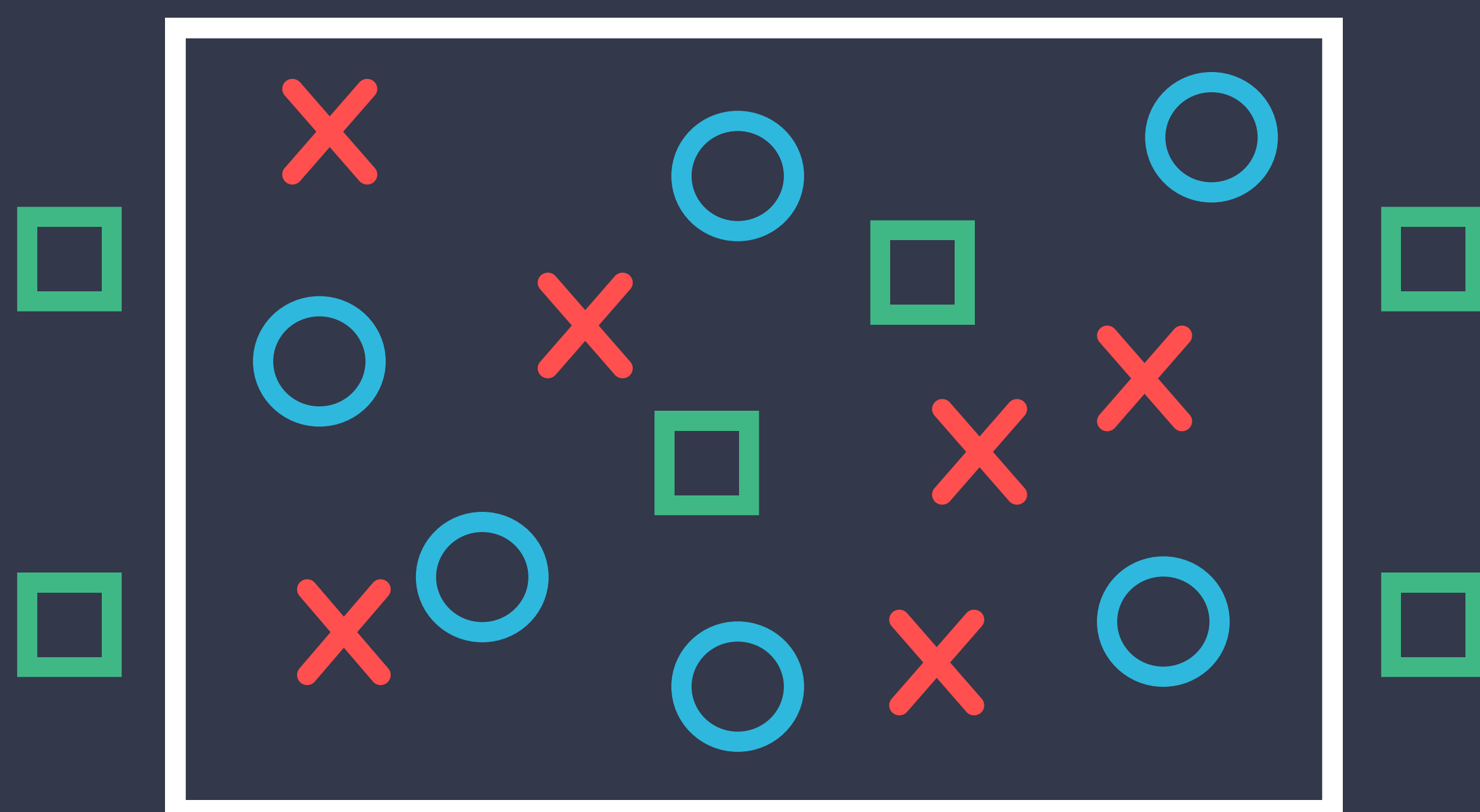
Instructions:

- Attackers & neutrals try to keep possession using 1 or 2 touches
- If the attackers lose the ball, their team becomes the defenders
- Switch the neutrals every set

5

6 v 6 + 6
(1 touch)

Advanced



Set up:

- 35 x 20 yard grid
- 6 inner attackers, 6 inner defenders, 4 outer neutrals, & 2 inner neutrals
- Attackers & defenders can float anywhere within the grid
- Outer neutrals can move along the sides

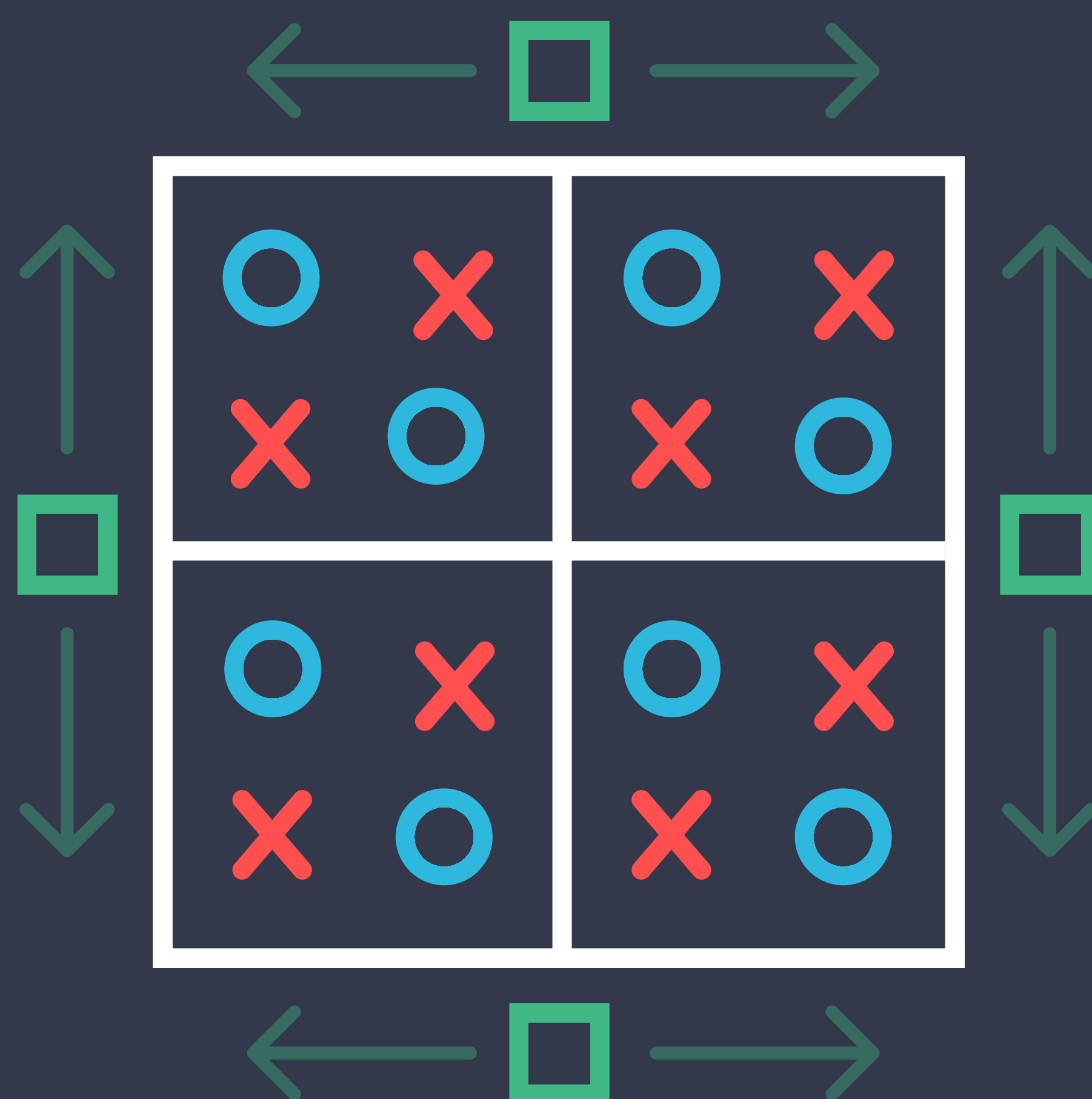
Instructions:

- Attackers try to keep possession using 1 touch
- If the attackers lose the ball, their team becomes the defenders
- Switch the neutrals every set

6

8 v 8 + 4

Advanced



Set up:

- 24 x 24 yard grid (four 12 x 12 boxes)
- 2 inner attackers & defenders in each 12 x 12 box, 4 outer neutrals
- Attackers & defenders can float anywhere within their box
- Outer neutrals can move along the sides

Instructions:

- Attackers try to keep possession using 1 or 2 touches
- If the attackers lose the ball, their team becomes the defenders
- Switch the neutrals every set