

# **Barcelona Double Rondos**

**This exercise is what the Barcelona thinking model of passing and movement is built on.**

**Players start at 7 years old and use it right thru the ages; and even at senior level it is a staple practice for the players.**

**Please read to understand the “attention to detail” required to do this correctly.**

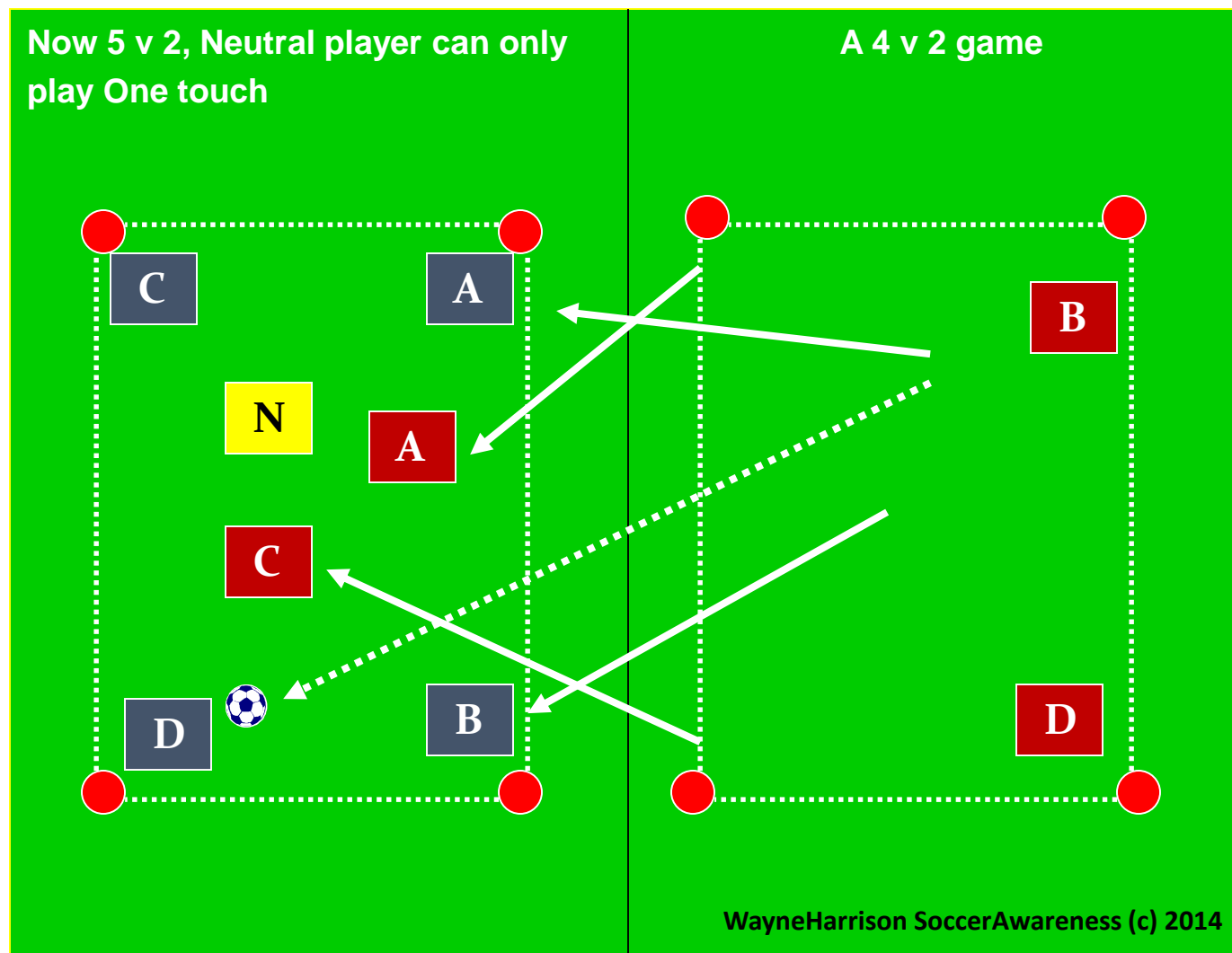
**Its not just a passing around the square game, it is so much more than this.**

**We build it up to make it work with real pace and accuracy; as again; it speeds up the mind and body in decision making.**

**7 x 7 Yard grids**

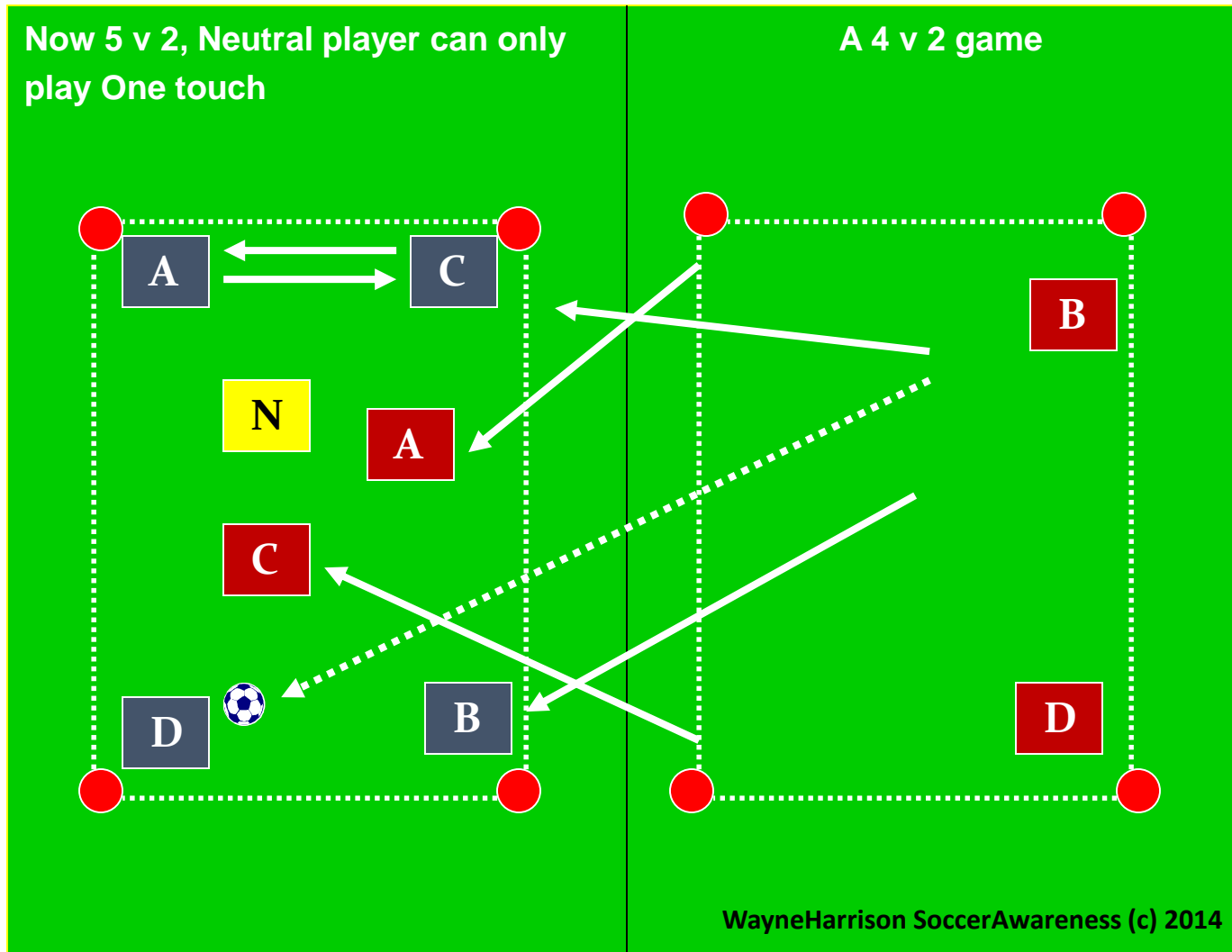
**NOW ADD A NEUTRAL PLAYER**

## Add a Neutral Player in



Can rotate in and out switching with the neutral player. If players need more help then add 2 neutral players to the mix and it becomes a 6 v 2. Mix up the number of touches allowed to change the intensity of the challenge..

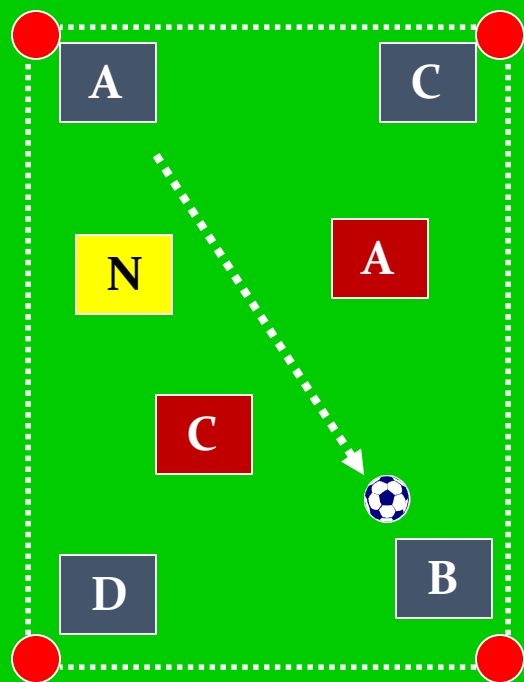
## Develop more movements around the square



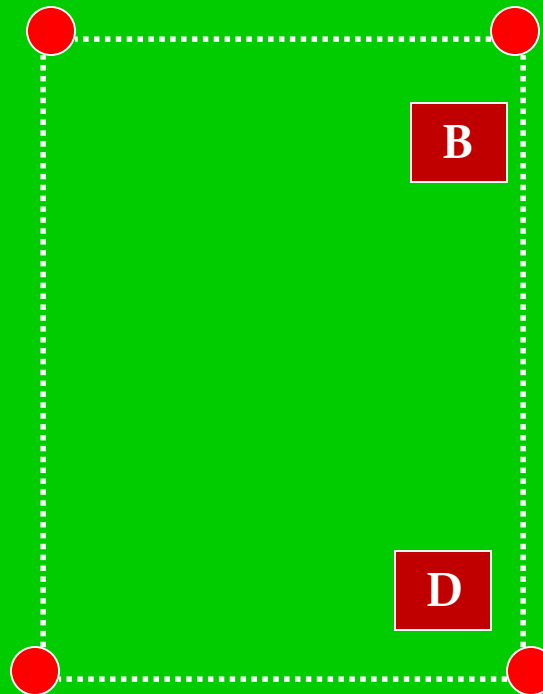
The neutral player is constantly making movements off the ball to get in a passing lane to receive.  
All 4 players on the outside can rotate with each other

## Develop more movements around the square

Now 5 v 2, Neutral player can only play One touch



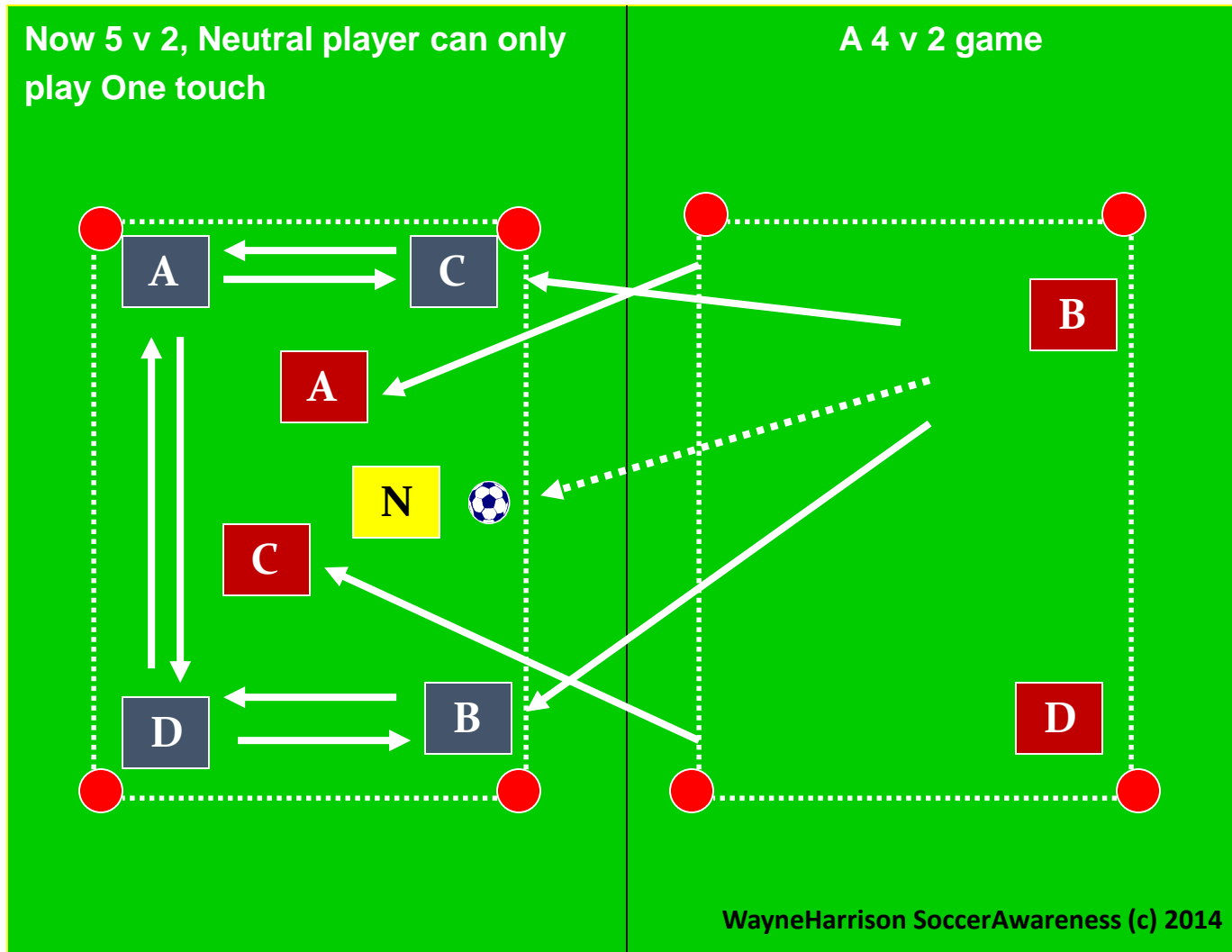
A 4 v 2 game



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Try to split the defenders with a thru ball as shown above.

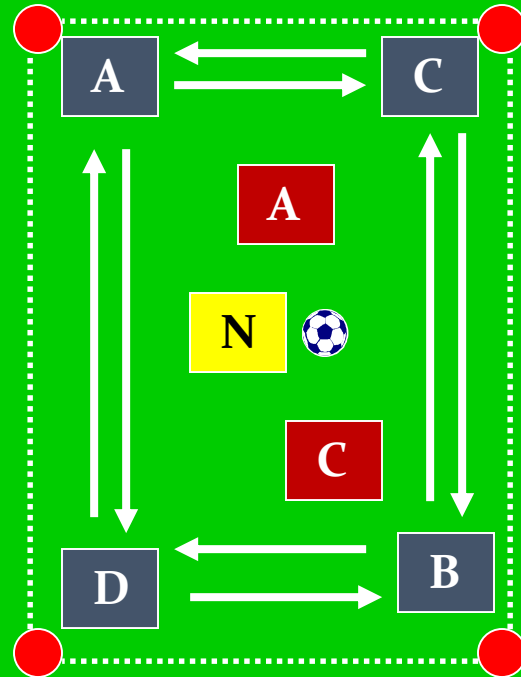
## Develop more movements around the square



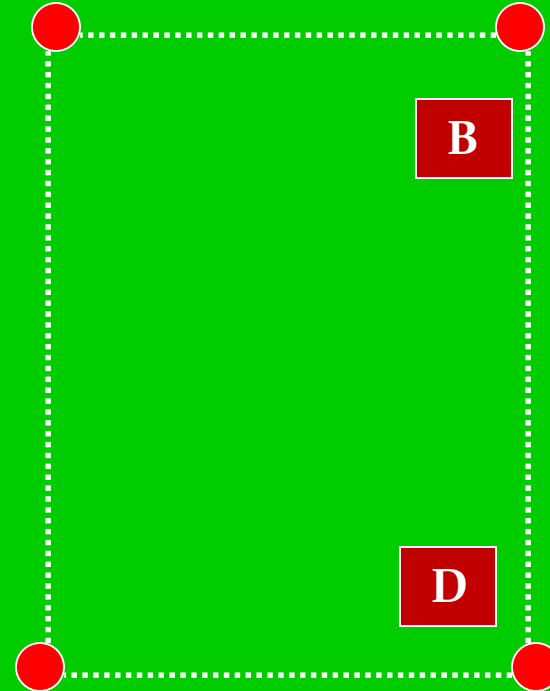
(A) And (C) rotate to get used to making movements off the ball. All 4 players on the outside can rotate with each other

# Develop more movements around the square

Now 5 v 2, Neutral player can only play One touch



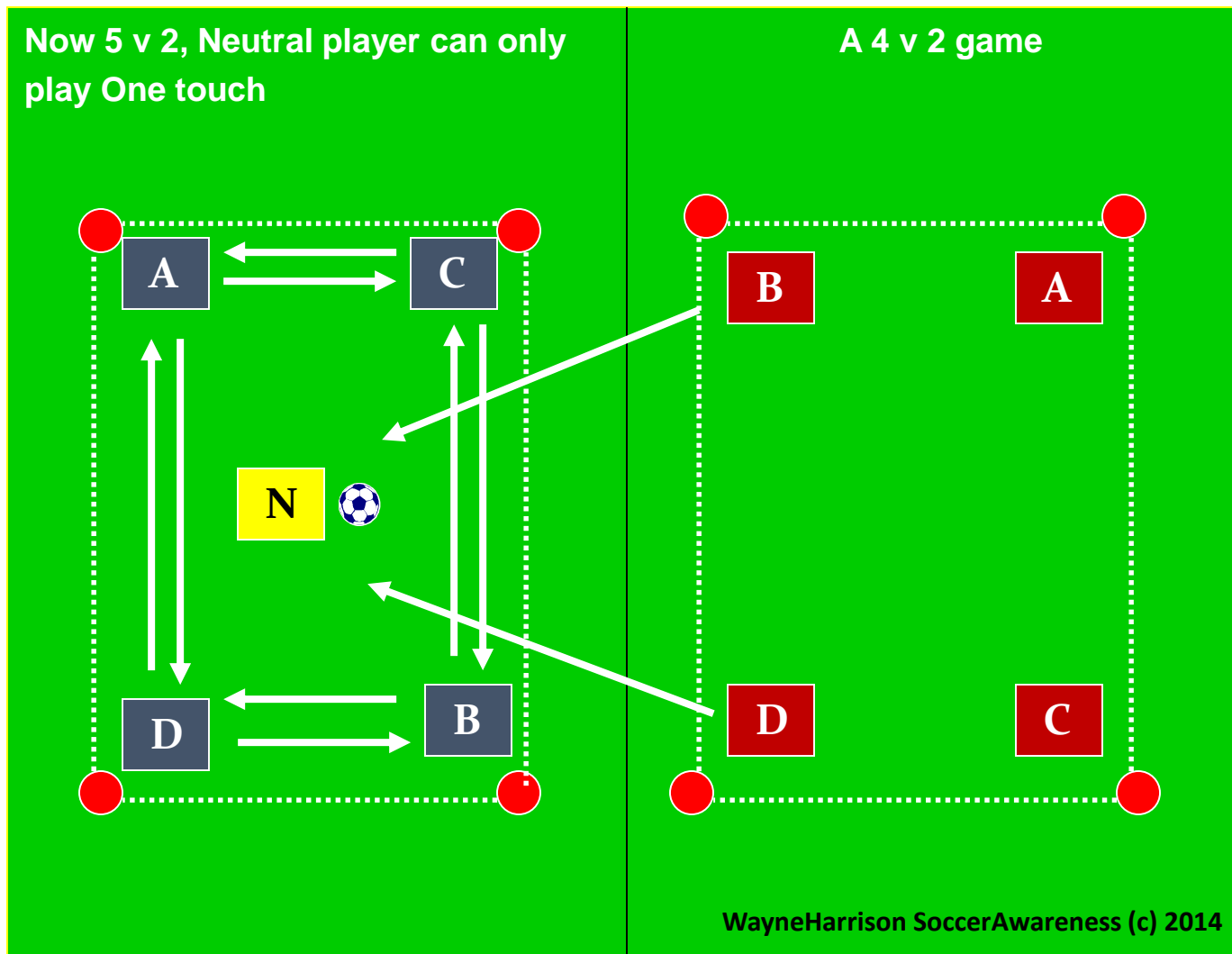
A 4 v 2 game



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5 v 2 with all attacking players able to move

## Changes the defenders



Make sure both sets of 2 defenders take turns to track the runners into the other square.