

SA Double Rondos

This exercise is what the SAEA and 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.

This is a transition game teaching a mentality to switch from attacking to defending and defending to attacking

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.

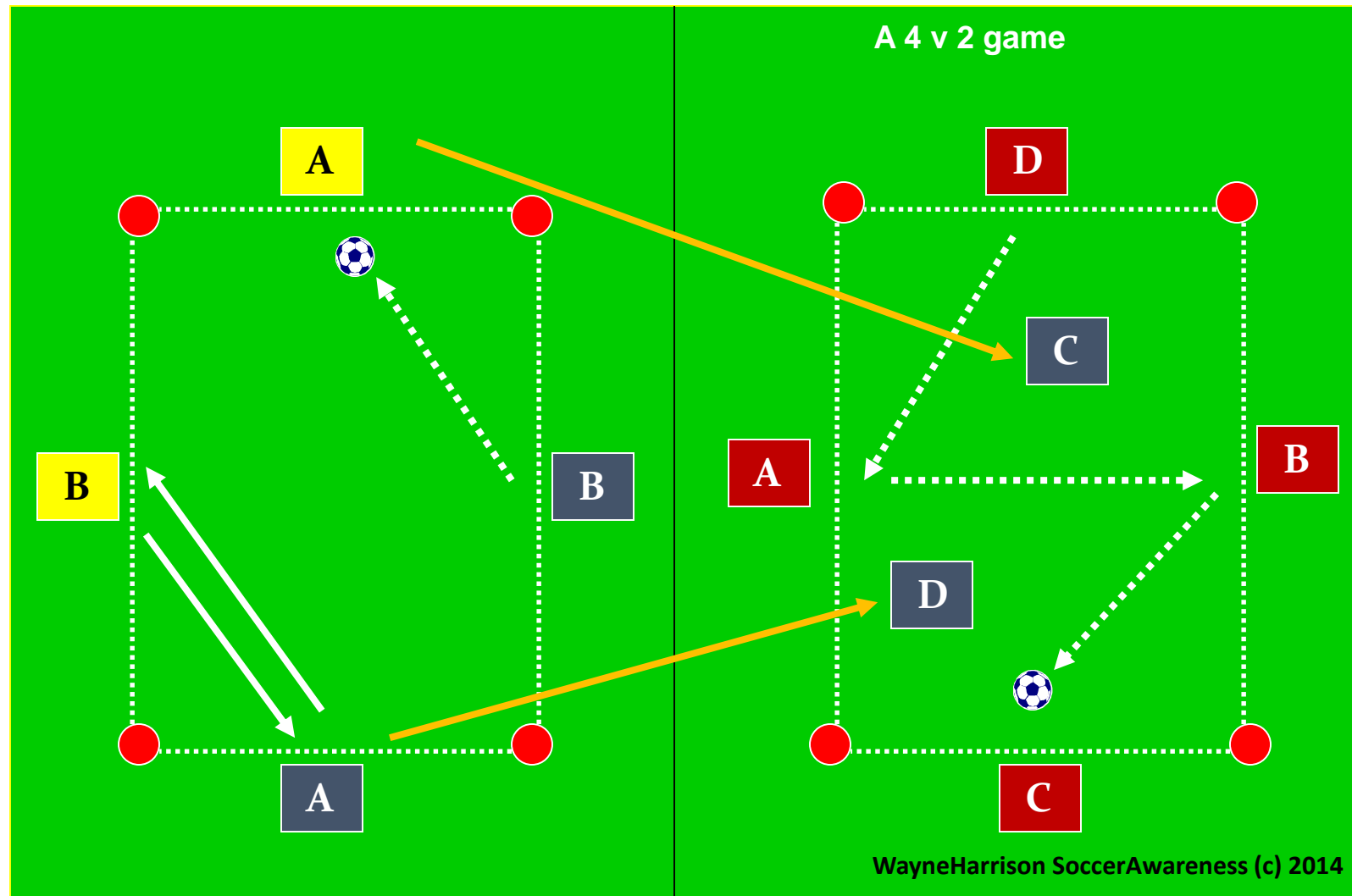
Now **Develop with movement off and on the ball**

SA Double Rondos

Coaching Points:

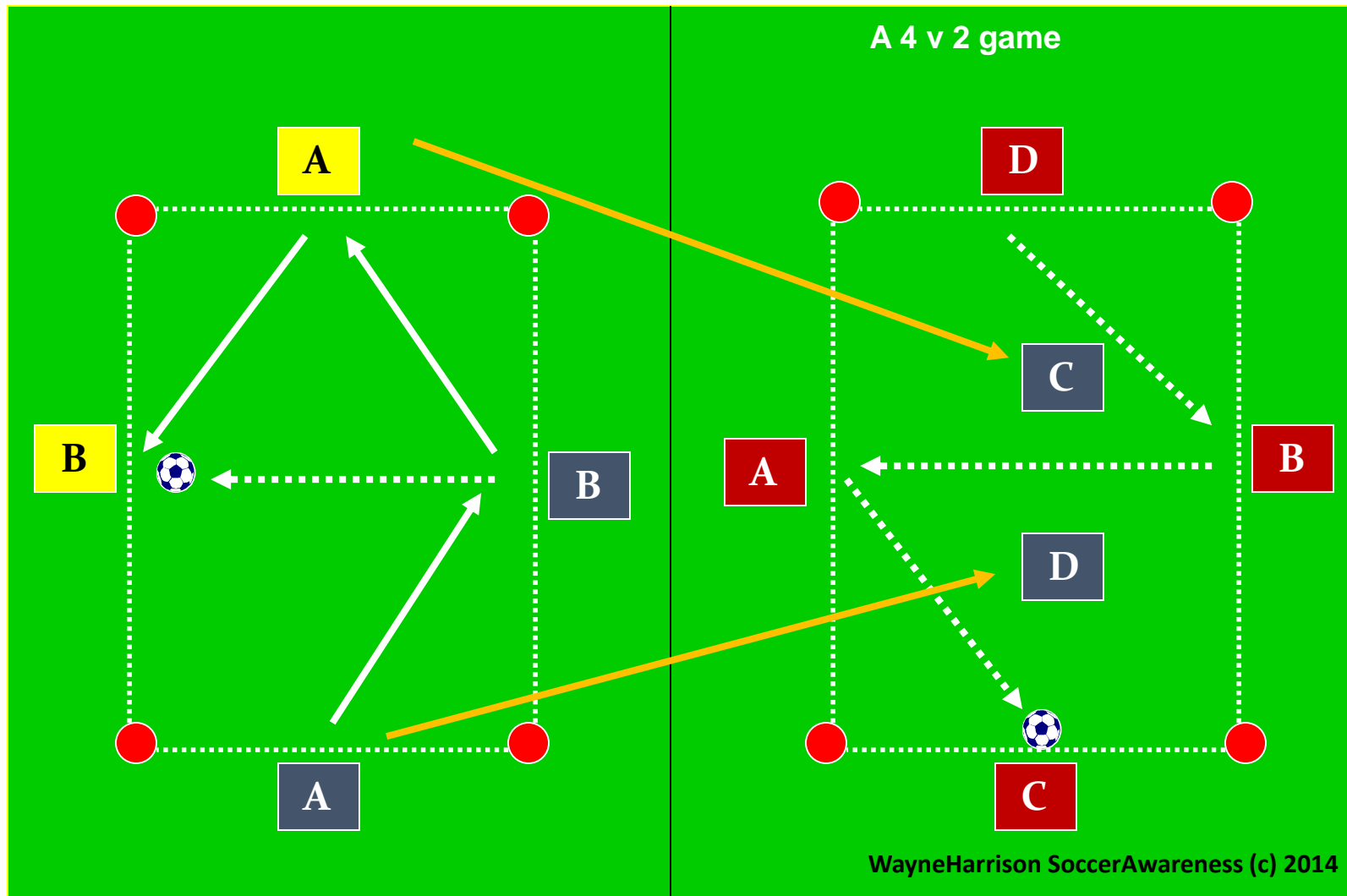
1. **The LOOK and THINK: developing a ONE touch mentality**
2. **Developing fast footwork and body position**
3. **Quality of passing, accuracy, timing and weight**
4. **Clear communication between players**
5. **Movement OFF the ball to create passing lanes**
6. **Mental SWITCH when needed**
7. **Rotational movements between players**

Develop with movement off and on the ball



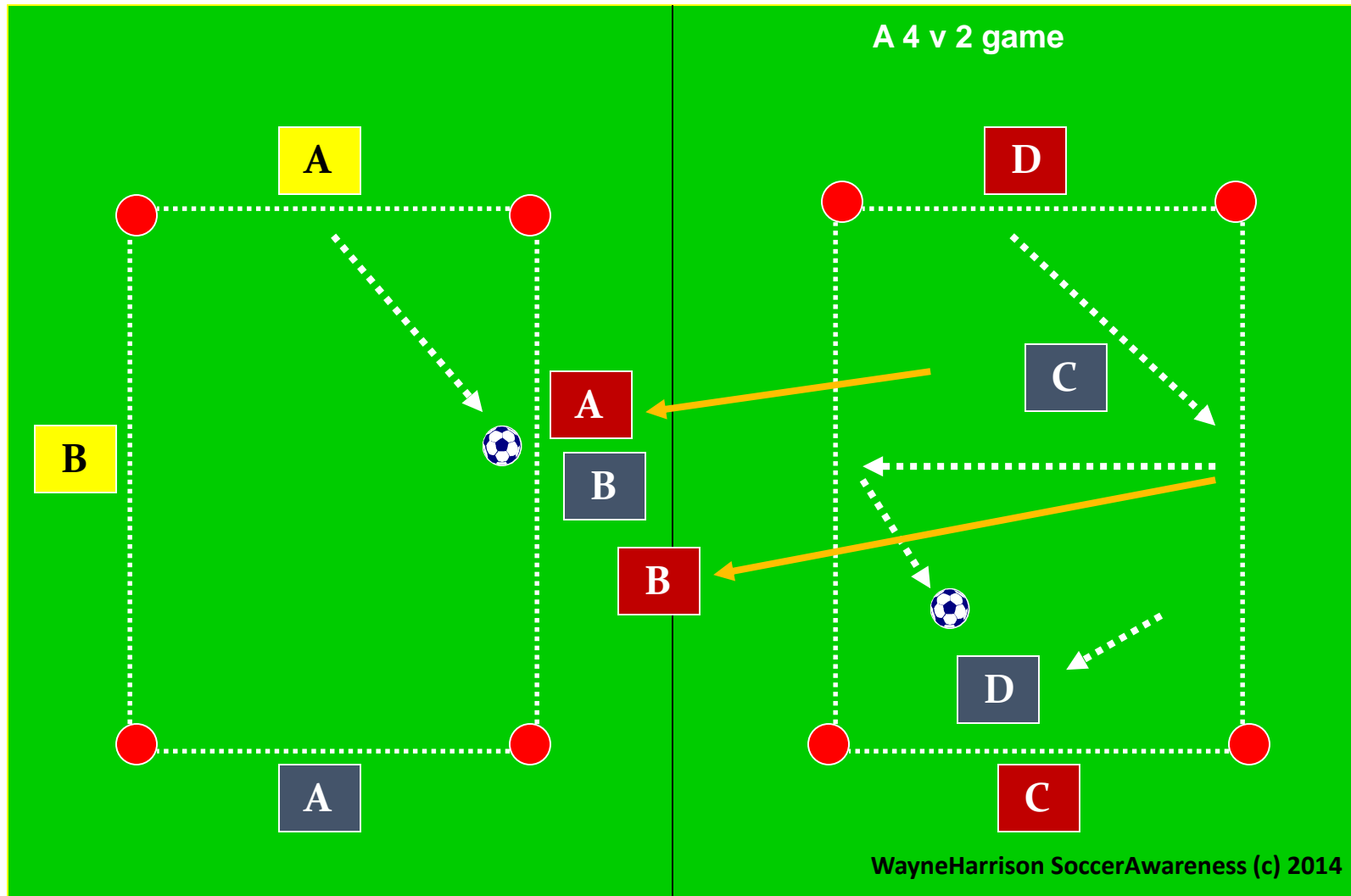
Outside players rotate so they are on the move too. This is only in the non pressure grid to start. Here they rotate OFF the ball. Each pair is not necessarily directly opposite each other now but that's ok as we want them to pass and move and change position anyway.

Player rotation and peripheral vision development



A three way rotation of players. Players in the non pressure grid pass and move but should ALWAYS to be looking towards the other grid away from the ball because if they don't they may get caught out by the defenders switching grids. Especially blue (B) who have their back to play.

Didn't look behind when receiving the ball



Red (A) gives the ball away, blue (D) intercepting the pass, so red (A) and (B) must sprint to the other grid to win the ball there. (Blue B) has not looked behind so does not see the defender closing down and red (A) intercepts the pass and wins the ball.