

Square passing Rondo with various foot movements

Description

Groups of 4 players with one ball. Place extra balls either in the grid or nearby to keep the exercise flowing in the event of mistakes.

The Square should be approximately 15×15 yards. There should be three discs at each corner of the square (as pictured).

The Goal of this exercise is to help program movements into our players while also helping them develop proper habits to read the game and play in a creative manner.

Focus

Players should start on the furthest disc from the player they'll be receiving the ball from (Player C & D's position in the left hand picture).

1st Movement: When player B takes his/her first touch "prepares the ball", player C should break off the disc "separate from the defender" and show into the space to receive a pass from B. Player D should now be prepared to separate from the defender on player C's preparation touch. Exercise continues.

Coaching Points:

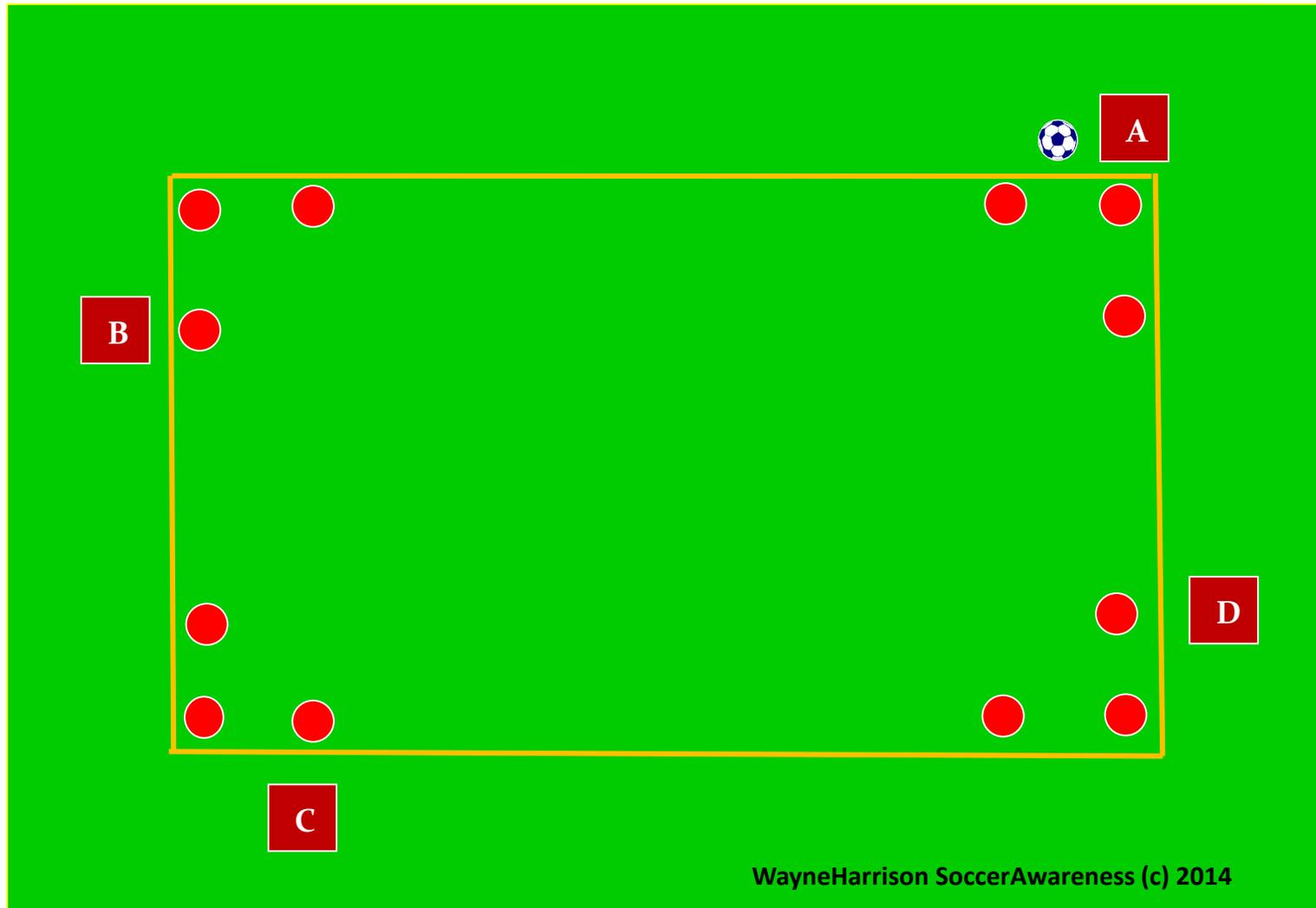
Crisp Passing

Explosive Separation from defender

Head on a swivel- Can we take a look at where we want to play next as the ball is traveling?

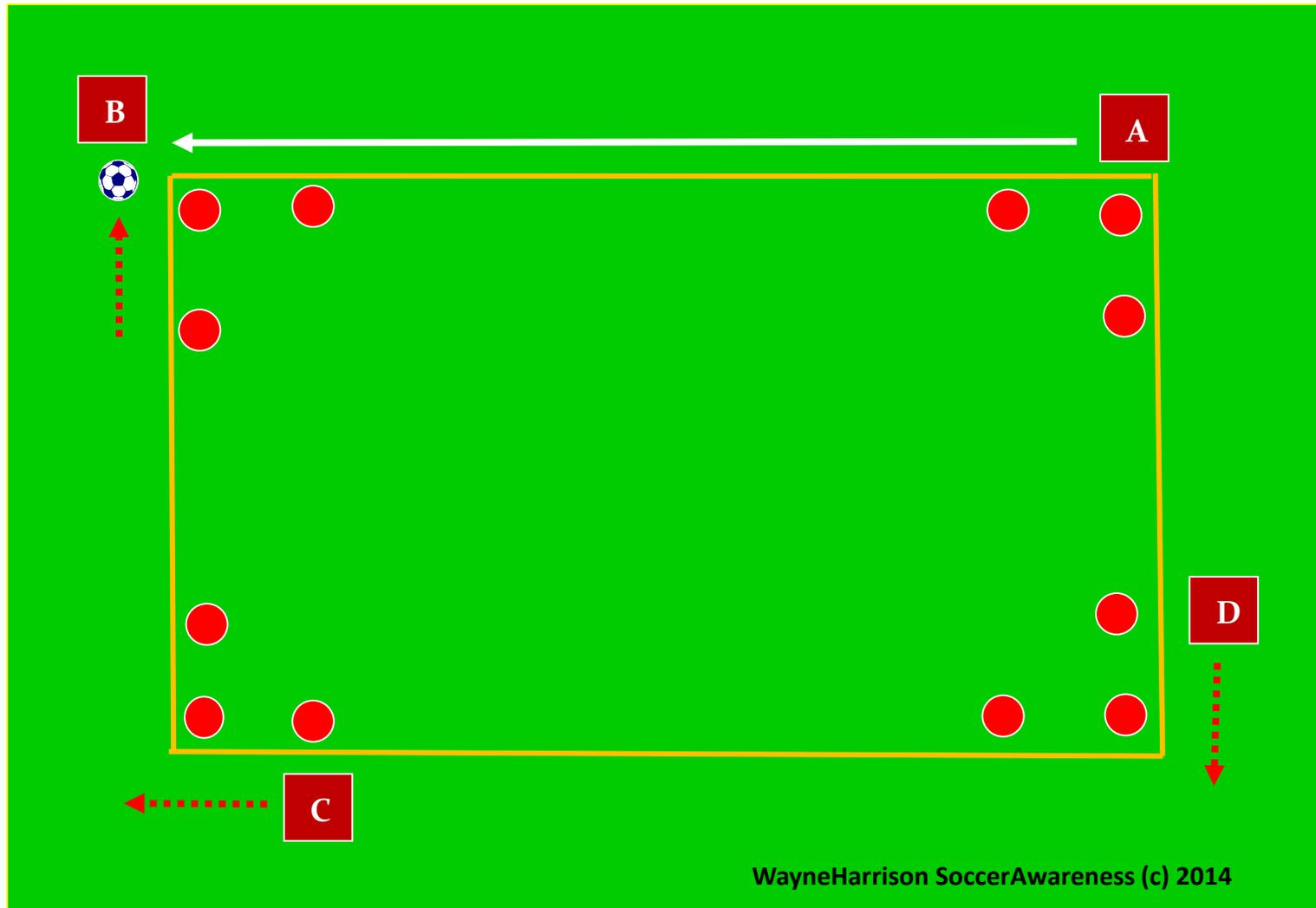
Clean 1st touch

Square passing Rondo



This is an outstanding warm-up to help program players with a proper skill set to meet the demands of the modern game, movement off the ball, timing of runs, crisp passing, taking a look!, but for the exercise to truly be effective, the coach **MUST** demand that all the movements & requirements of the exercise are carried out at game speed. **Coaching Demand:** If you let your players get away with things that wouldn't work in the game during training, what is the point of training?

Creating separation from the defender



1st Movement: When player B takes his/her first touch “prepares the ball”, player C should break off the disc “separate from the defender” and show into the space to receive a pass from B. Player D should now be prepared to separate from the defender on player C’s preparation touch. Exercise continues

Moving away from the ball

Focus

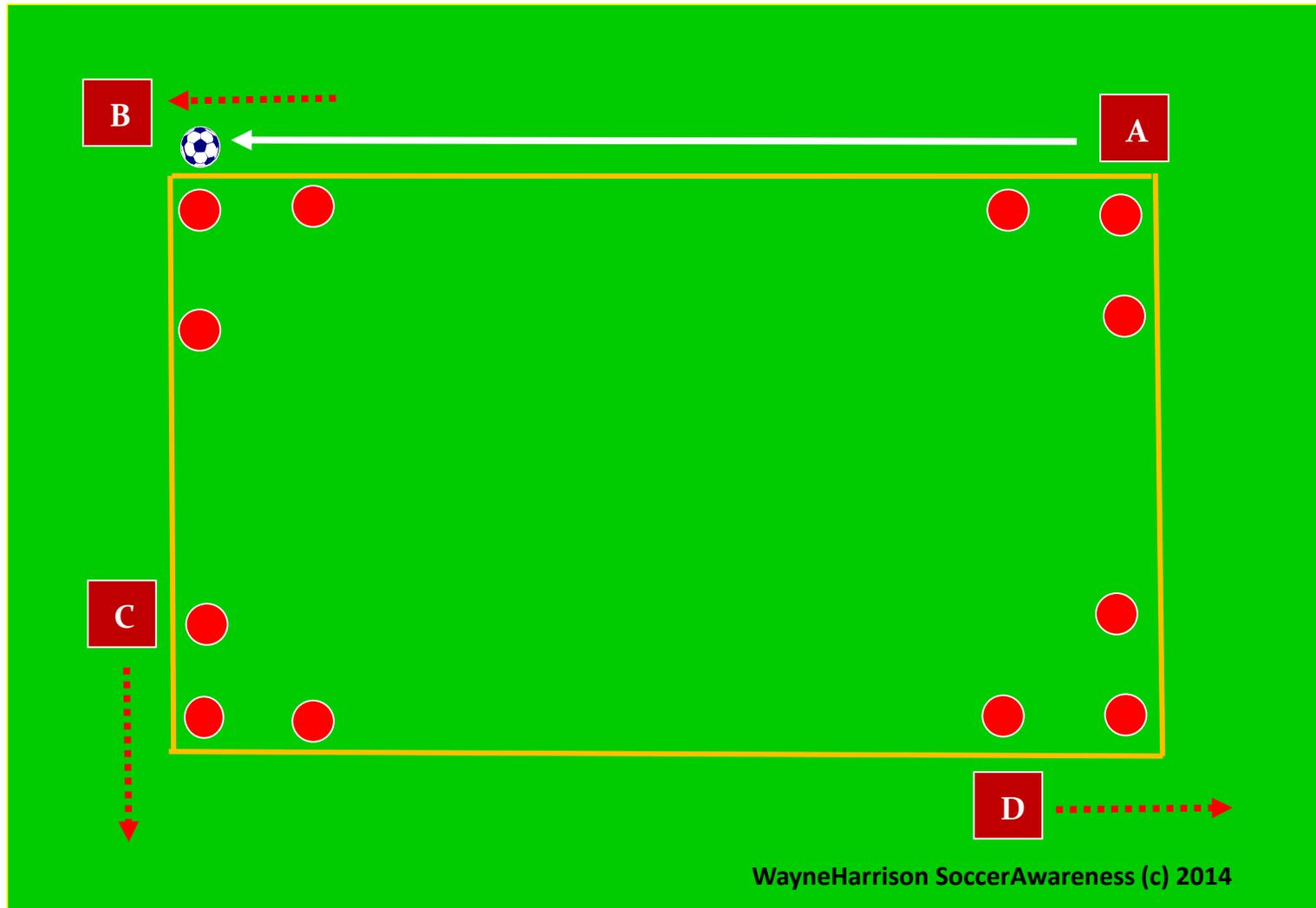
Players should now start on the closest disc from the player they'll be receiving the ball from (Player B, C & D's position in the left hand picture).

2nd Movement: Just as player A is about to pass the ball to player B, player B drifts backwards (moves away from the ball) to create additional space before receiving the ball. When player B takes his/her first touch "prepares the ball", player C should drift away (exercise continues).

Coaching Points:

- Crisp Passing
- Creating that extra yard or two of space upon receiving the ball
- Head on a swivel
- Clean 1st touch

Moving away from the ball



Now (B) breaks backwards from the closest cone. Like they are being attacked by a defender in front of them so they drop off to create **BOTH time and space** to play in. They then receive the pass with an open rondo “receiving with the back foot stance” to pass the ball on 2 touches or 1 if possible.

Things to consider for brain centered awareness training

1. Accuracy and weight of passing
2. Three different movements to do in order to get free from defenders, check to, drop off, and check away to check back. All designed to create space for oneself.
3. Brain centered thinking processes: Now each player must look at the players they are passing to BEFORE they receive the ball. This is teaching them to look away from the ball.
4. The cue / signal for forcing players to look away from the ball is the next player with good timing, not too soon so too easy, or not too late, so too hard; to raise a left arm, right arm or no arms for the receiving player to call out which it is. No arms they call ZERO. So 3 choices.
5. This tells the coach this player has assessed their next option by looking away from the ball.
6. A good way to explain this is each player must look at their diagonally opposite player when they have the ball to determine when they need to look at the immediate next player to them to make a decision.
7. This teaches players to look away from the ball before receiving it when many players look AT the ball, control it; then look away from it for their next option. That's TOO LATE.

Things to consider for brain centered awareness training

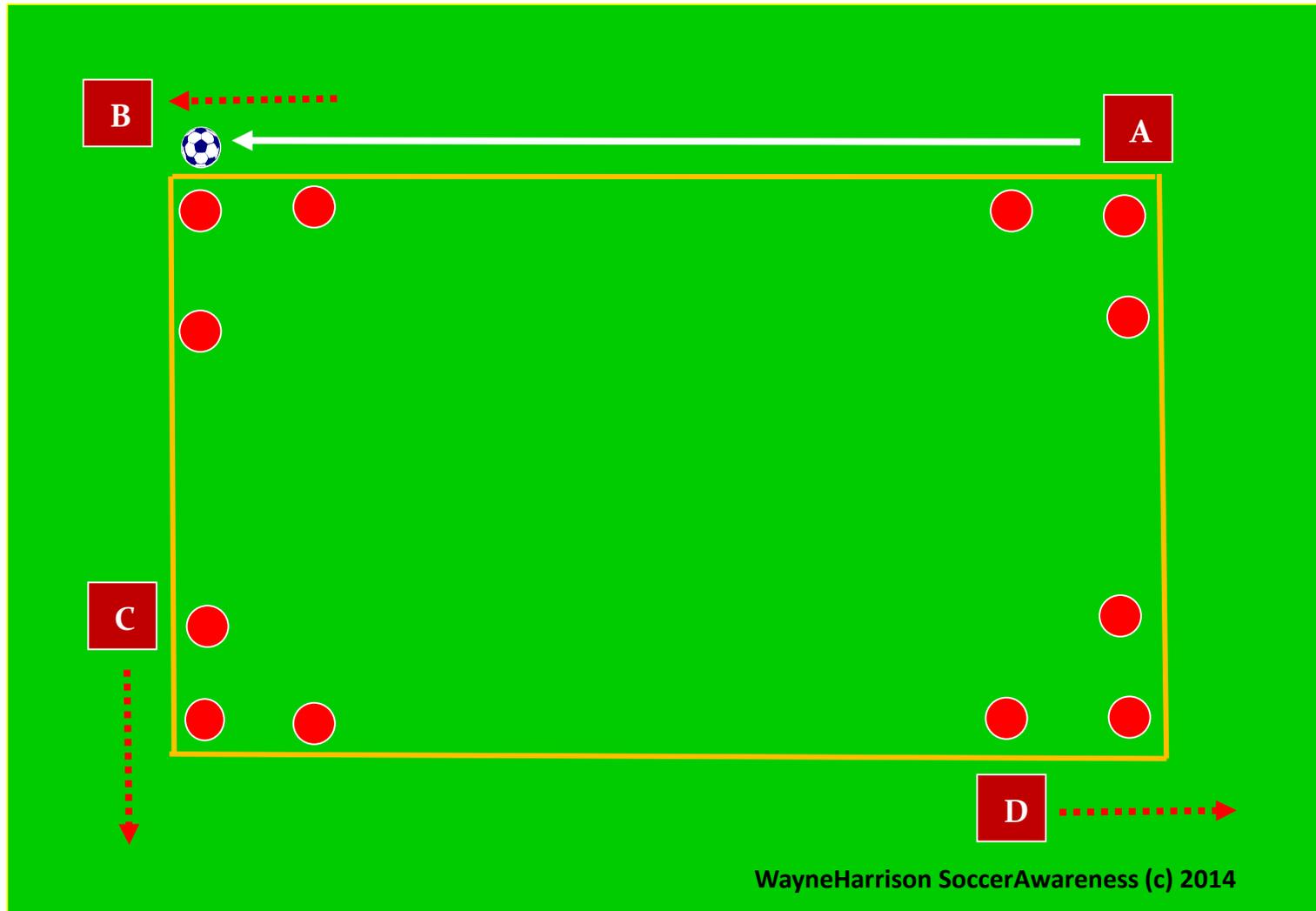
8. Adding a midfield central support players adds to the Brain Centered thinking process.
9. Now each players has to look away from the ball, look at the player with their arm actions to make a decision and then pass in a different direction to where they are looking because now they are not passing to the player who offers their cue for observation as previously.
10. Play 2 touches maximum, 1 touch if it is on to do so.
11. So many things happening here mentally and physically:
 - a) Footwork and changing positions to get free of a defender; 3 ways;
 - b) looking away from the immediate passer to observe the next players arm action,
 - c) passing to a new support player in the center so looking at the outside player but passing to the inside player almost at the same time

So the players brain is processing many things at the same time and that is without pressure.

12. Imagine how good they can become as a thinking player when they nail down all the thinking processes and then do so with pressure also.

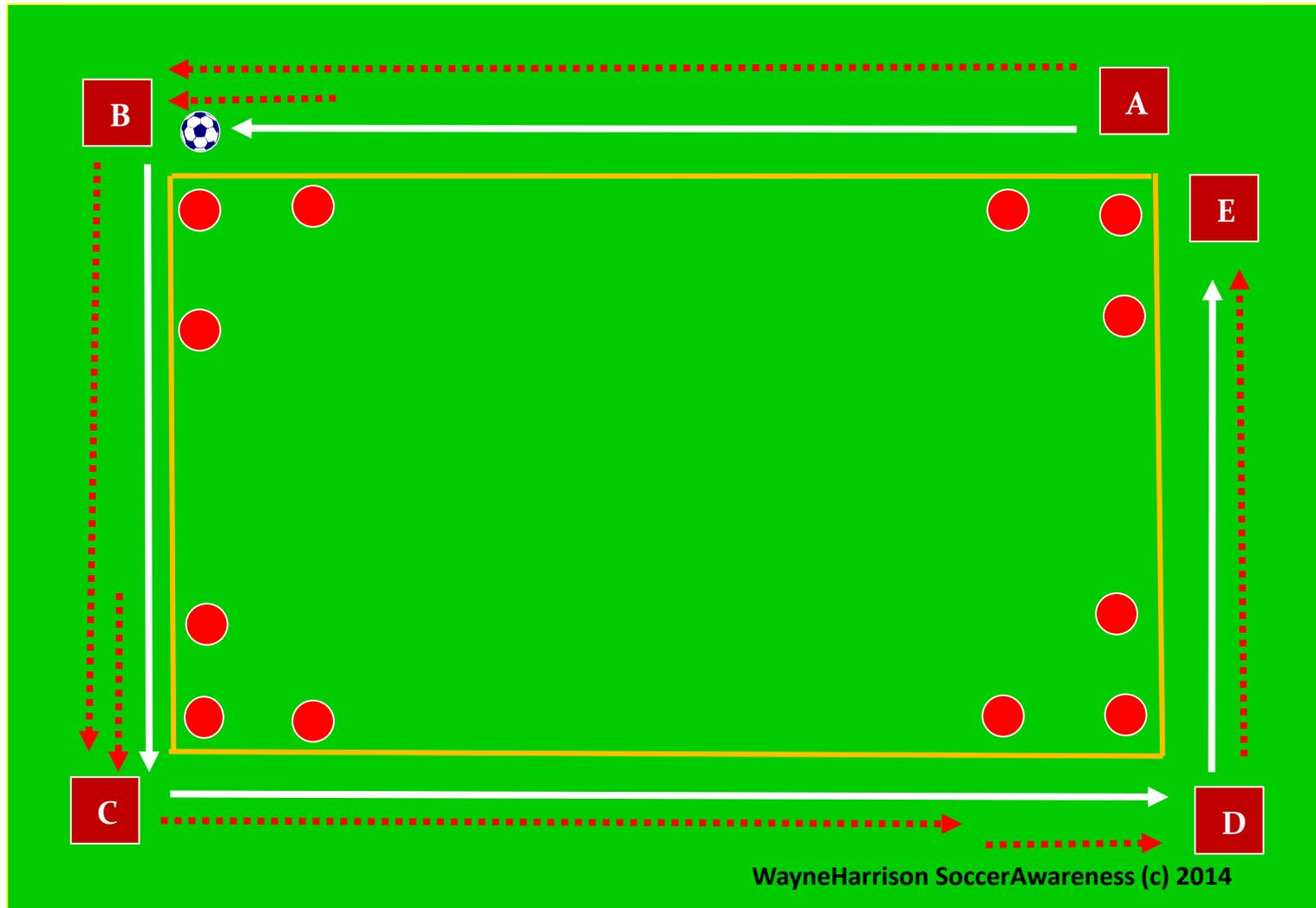
That's what we are trying to teach this is a warm up to playing with pressure..

Adding Brain Centered awareness training



Now as (A) passing the ball to (B), (B) must be looking at (C) and AWAY from the ball. (C) raises either their left arm; right arm or no arms. (B) must see this and call out which arm is up or if neither then shout zero. This ensures we teach players looking AWAY from the ball and assessing options before better it.

5 Players so players pass and follow



Now we have players passing and following their pass but still practicing awareness and the thinking process of looking AWAY from the ball and calling the arm out, left right or zero before receiving the ball. Many players initially will get the ball, then look then call the name but this is too late of course..

Adding two midfield support players

Players should now start on their central disc.

Two midfield players (red) are now introduced into the exercise.

Final Movement: Just as player A is about to pass the ball to player B, player B “checks away” (moves away from the space he/she wants to receive the ball) to create separation from the defender. As player B is about to receive the ball one of the central midfielders should show for support. It’s important that the midfielder times his/her run to arrive on time (not too early, not too late).

Can player B slip a pass to the midfielder and quickly move to receive a return pass?

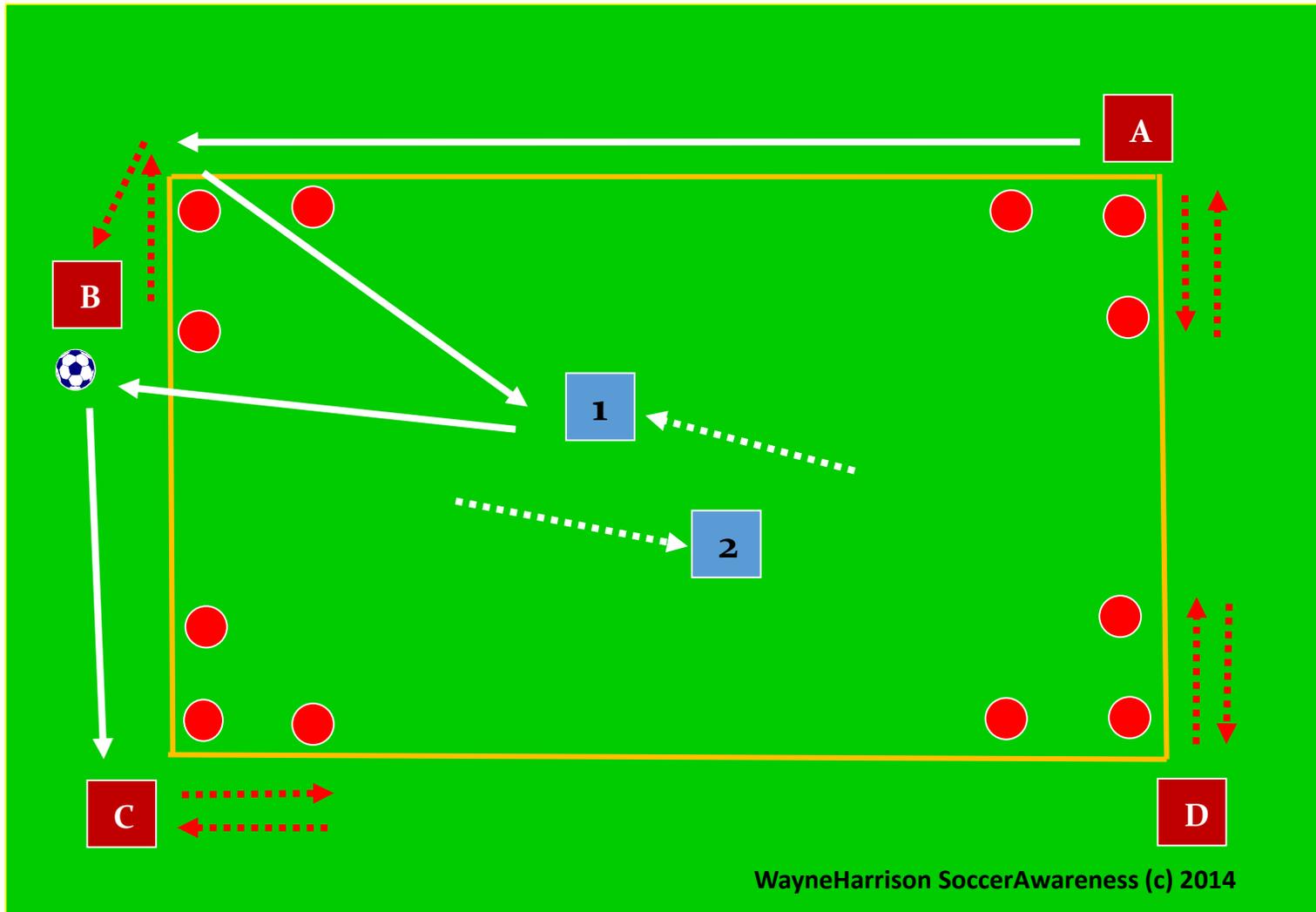
Eventually have the players on the outside deciding on any of the three movement options to perform.

Focus:

- Crisp Passing
- Preparing the space
- Head on a swivel
- Timing of support runs
- Playing with various surfaces (outside of foot, inside, etc.)
- Communication

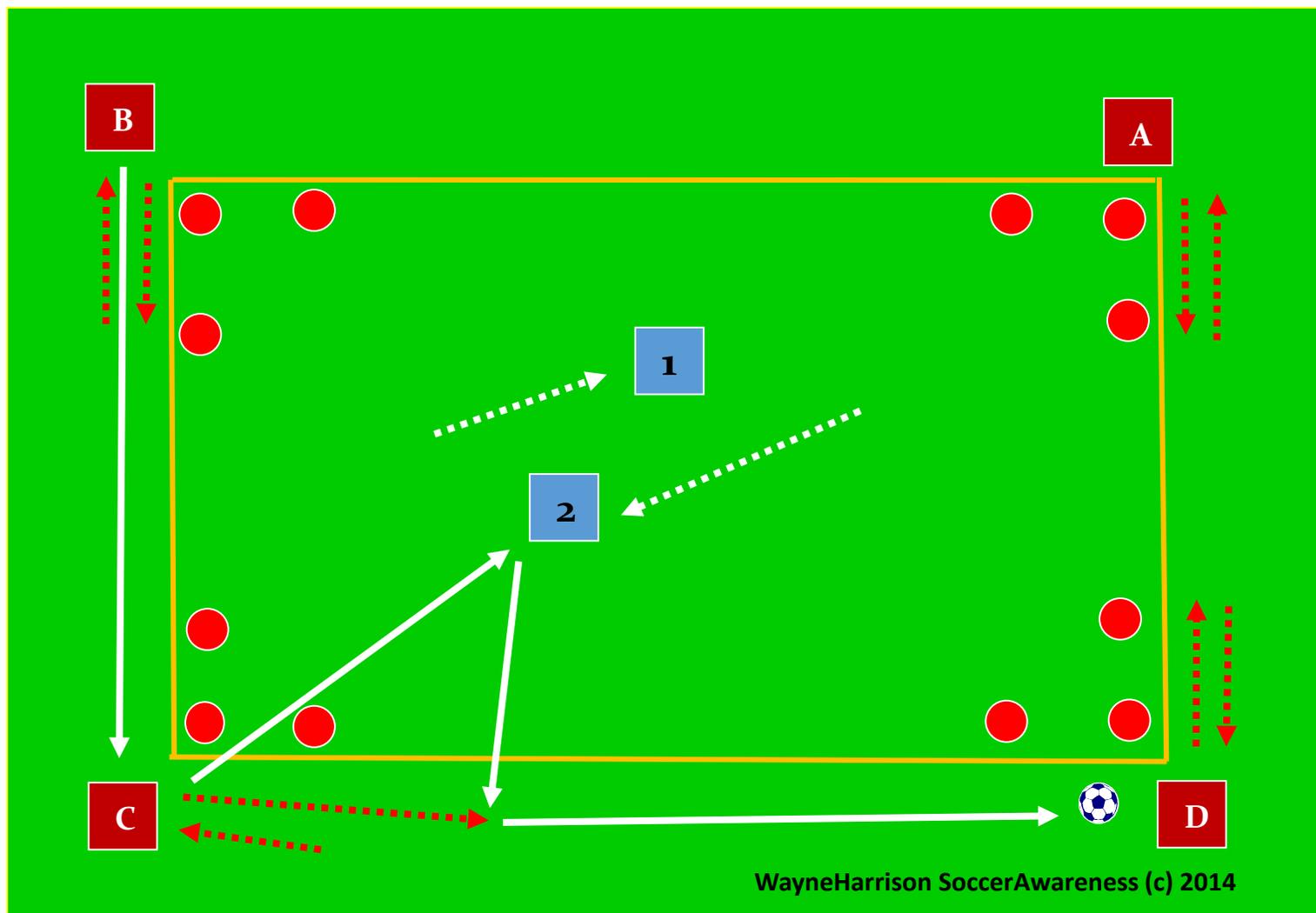
Note: The group of four does not need to enter the ball into the midfielders. Midfielders should keep a balance (one shows, one holds central) to mirror their movements and interactions in a match.

Add central Midfield support players



Now we have give and goes or 1-2s with each of the four players. Two midfield players rotate in and out and take turns in supporting the outside player.

Now use any of these ideas



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Now (B) checks away (in theory taking a defender away from the space) to check back into the free space created.

The Exercise: All of the previous movements apply, but now as the ball is traveling to a player, that player (B) MUST take a look over his shoulder “take a picture of player (C) should hold up their left or right arm, or no arms and player (B) should shout out which arm it is or “zero” for no arms; before receiving the ball; but now passing to (1) or (2) and getting a 1-2 with them.