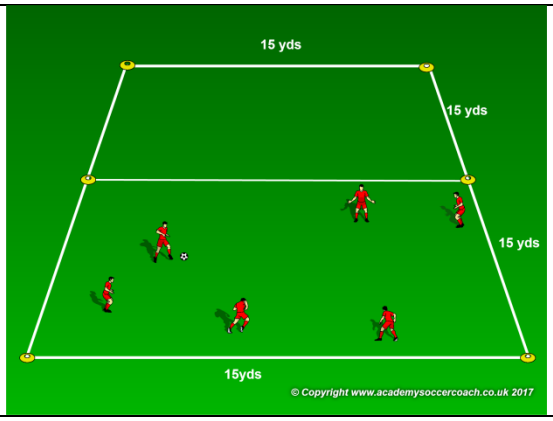
“Rondo”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving
Primary Objective: Build skill and awareness in a dynamic passing environment
Duration: 15 minutes

The Basics



Organization
2 – 15yd x 15yd grids
1 ball
2 pinnies
Entire group into 1 grid, 1 player with a pinnie in hand (not wearing it) who is “in the middle.”

Activity
At it’s most fundamental, this is a game of “keep away.” At the start of play, players pass the ball around/through the grid to teammates to keep it away from the person with the pinnie. Players must stay within the 1st grid. If the person w/ pinnie steals the ball or the ball leaves the grid, the group player who last touched the ball takes the pinnie and is now in the middle. Group has unlimited individual touches and no additional constraints.

If the team reaches 10 successful passes, switch the middle player.

Coach Pts

Encourage the group players to get wide and move into open space.
Players should be striking passes with the inside of their foot, plant foot pointed to target, follow through to target, and deliver the ball with the proper weight (power).
U8 players should be receiving the ball with the inside of their foot, cushioning the ball into control. U9/10 players should be able to execute receipt of the ball with the outside and bottom of their foot as well.

Mods

If the group struggles to succeed with 1 defender, make all players attackers.
If the group succeeds easily w/ 1 defender, add a 2nd defender.

Progs

Once the initial activity is mastered, these progressions add difficulty:

- Require the group to move to the 2nd grid after successfully completing 3 passes, then back to the 1st after success of the next 3 passes, etc.
- Require 2-touches (not less, not more)
- Require that all players must be slowly jogging through the space (no jogging in place, and encourage players to not all jog in the same direction, in a big circle).

Advanced

- Require a 2-1-2-1 pattern of touches (1st player has 2 touches, 2nd player has only 1, 3rd player has 2, etc)
- 2 balls – one ball is passed on the ground by foot, the other in the air by hand only. Pinnie player is trying to steal ground ball only. No player can possess both balls at once – if they do, that player becomes the middle/pinnie player.