



North Star F.C.

Recreational Coaches Rondo Circle Possession Training Program

We are developing several booklets based on important themes we teach in the Recreational Program.

These are the themes we will focus on though this list is not

These are several training themes shown below which we encourage you to work on with your players.

These are to supplement your weekly plans, slightly more advanced ideas if you feel the players are ready to work on them.

- 1. Dribbling theme (22 Sessions)**
- 2. Passing, Control and Movement theme (16 Sessions)**
- 3. Shooting and Finishing theme (18 Sessions)**
- 4. Receiving and Turning theme (8 Sessions)**
- 5. Running with the ball theme (4 Sessions)**
- 6. Scanning / Awareness theme (8 Sessions)**
- 7. Combination Movements theme (4 Sessions)**
- 8. Possession based Circle Training theme (3 Sessions)**
- 9. Defending theme (7 Sessions)**
- 10. Goalkeeper Training (3 Sessions)**

Start with some warm-up ideas

Warmups

Fast footwork, co-ordination and speed training

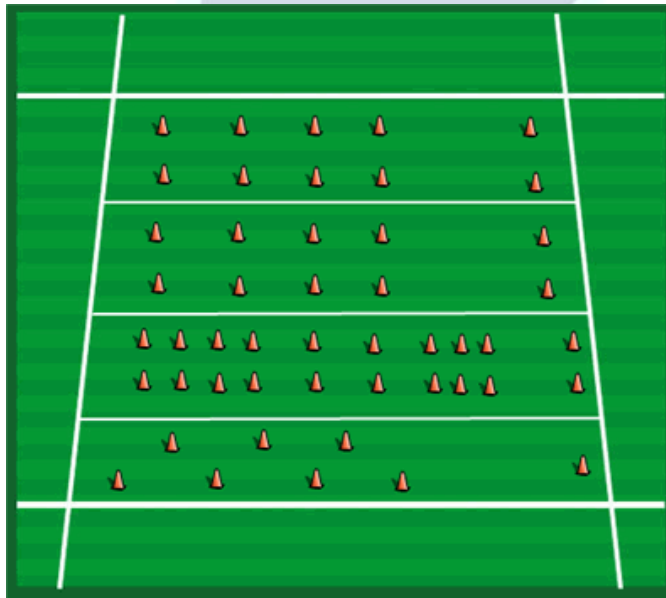
All training is specific to match play. Our work is based upon developing a balance between ball handling and functional running and sprinting in combination with jumping, stopping, and turning.

Quick feet, light feet, changing stride length exercises will be particularly important.

Repetition of the exercises is important throughout the season on a weekly basis to develop good and correct habits regarding co-ordination, comfort in running, awareness of the efficient use of arms and legs in running and the synchronization of limbs.

We are intending to develop a 6th sense in teaching the players to use the right techniques at the right times.

Quick feet, knees up: Forward and backward running. Concentrate on footwork and leg rhythm (Cones a half meter apart with a 5-meter sprint at the end). Players are racing in twos.



Side to side: Checking side to side between cones with fast feet then a sprint, practice forwards and backwards (defending movement).

High Frequency: long and short strides changing the stride length, adjusting the feet. Stepping between the cones.

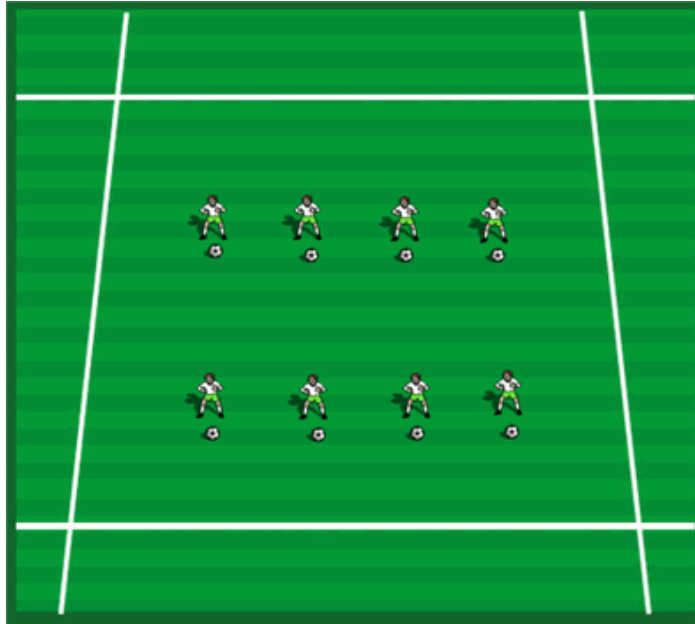
Checking and Dummying: Bouncing side to side in one movement, with feet wider apart, as fast as possible, throwing a dummy with the upper body, good for the dribbling movement dropping the shoulder one side and moving to the other side.

An introduction to improving touch on the ball.

Ball familiarity

1. Using different techniques to control the ball.

a) Simple juggling of the ball to improve foot control, how many times can they keep it up with BOTH feet? Make it a competition between the players.

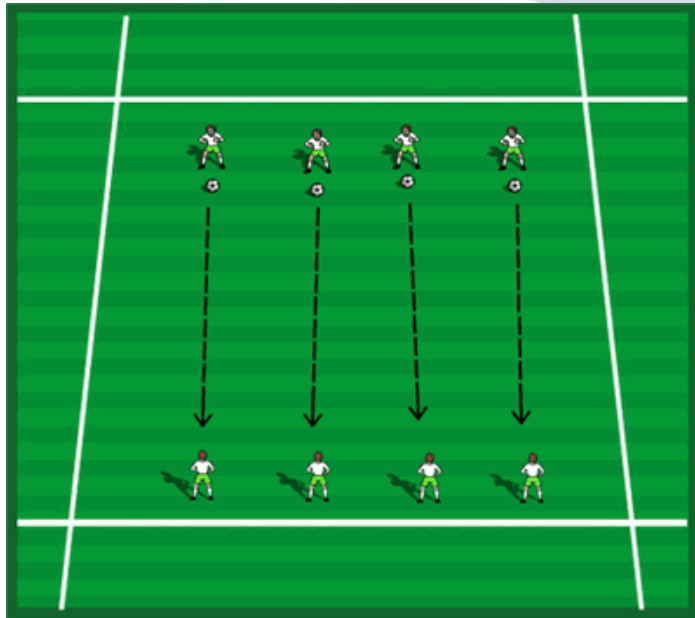


b) Using the inside and the outside of the feet and moving side to side. Move the ball with the inside of the foot then the outside to bring it back but with the same foot. Use a cutting motion.

c) Inside and outside of the foot, roll the ball to the outside (on top of the ball contact), cut it back with the inside and roll the ball to the inside and cut it back with the outside of the foot.

2. Moving a yard or so either side, back and forth maintaining control of the ball, this is great for acquiring a good touch on the ball and improving co-ordination.

3. Remind them to keep their head up not just looking at the ball all the time, even asking them to look around the area when they are doing this, or the coach can hold up so many fingers and they must call the number out as they work.



1, Simple passing in two's back and forth, first two touches, then one touch where possible. The coach can dictate the distance between them.

2. Ask the players to look to "each other's eyes" as they pass and NOT at the ball to see if they can keep possession between them.

3. This will be difficult at first, but it helps to teach them to look up and not down at the ball during games and hence helping their "Awareness" development as players.

4. They should be able to see their ball in the "peripheral vision".

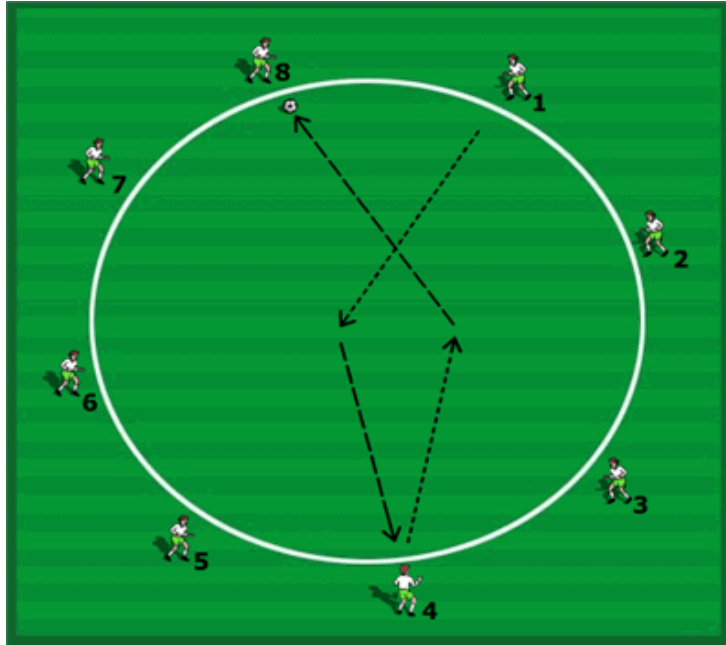
5. Using both feet to pass the ball.

6. Competitive: Count how many

passes they can get in between them during a given time.

7) Rondo Circle Training Sessions

SESSION 1: DEVELOPING CIRCLE WORK INCORPORATING PASSING, AND COMBINATION PLAYS



1. To increase the players' awareness instincts, ask them to call the name of the player out who they will be passing to, before they receive the ball. This ensures they look to see who is free before they receive the ball, so they know in advance who is free to receive.
2. One ball, (1) runs and passes to (4) and takes their place. (4) Takes the ball, runs, and passes to (8) and so on.
3. **Progression** – introduce two, then three, then four balls all going at the same time. "Awareness" of where each player is running is needed here

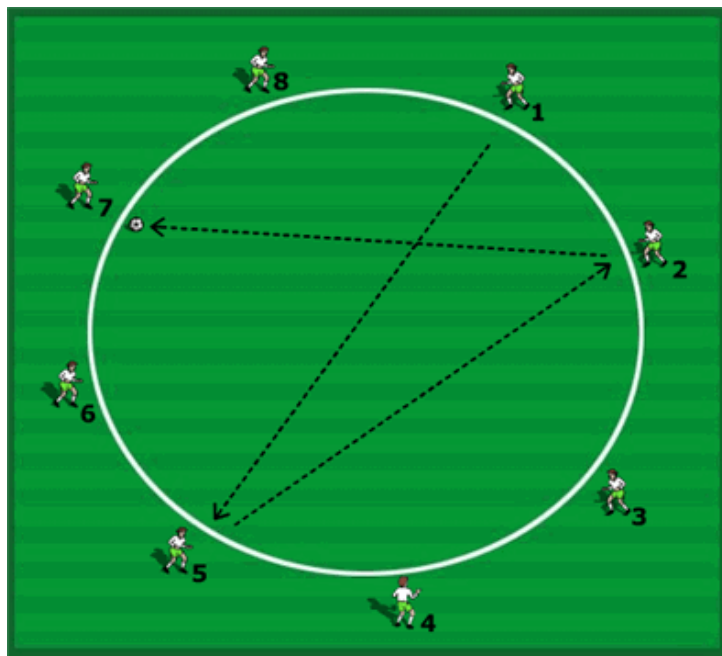
so they don't collide and where potential free players to receive are "before" you make the run and pass.

4. **Coaching Points:**

- a) Good communication between the players.
- b) Quality of the pass (timing, accuracy, and weight).
- c) Good first touch by the receiver.
- d) Progression – Passer becomes a passive defender who puts the receiver under pressure.

The receiver must move the ball away at an angle from the pressure on their first touch.

RUNNING WITH THE BALL



A) Running with the ball technique -

- a) Head Up – look forward, observing options “before” receiving the ball using the A.I.A. training.
- b) Good first touch out of feet, 2-3 touches maximum, not dribbling.
- c) Run in a straight line, the quickest route.
- d) Running Style, use the front foot to control the ball using the laces.

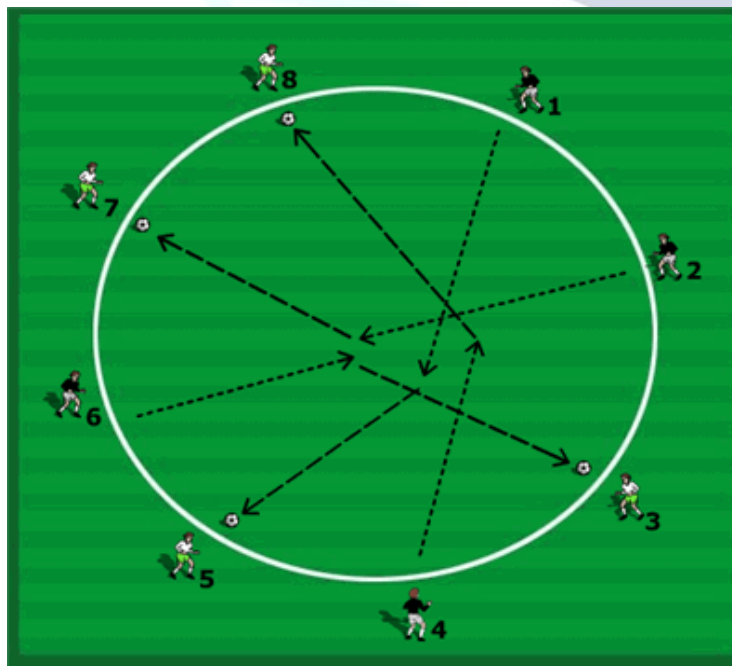
B) Decision: Where is the player taking the ball? In this case to (5) but (5) must try to decide as the ball is coming not after he or

she has it. Identify who is free early.

C) Communication: Call the name of the player you are running the ball to.

D) Timing of take-over: (1) does not pass the ball to (5) but allows (5) to take it using the momentum of the ball. (5) Must use a good first touch to get the ball out of the feet.

E) Progression: Two balls going at once then three.

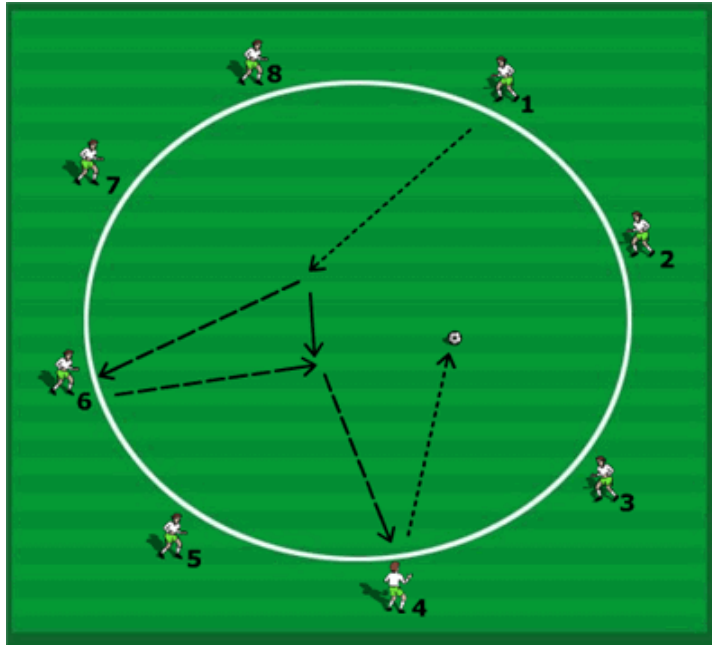


1. You can divide the teams into two and have half the players working and half resting. Work a set time then change the players. Here the players run with the ball, then pass and then will get it back to go somewhere else to another player to work with.

2. Change the emphasis on the movement, running with the ball then during the run the player must change direction with a clever dribble or turn, or they pass to an outside player, do an overlap around them, and get the ball back, play a give and go with them and do a turn when they receive it back.

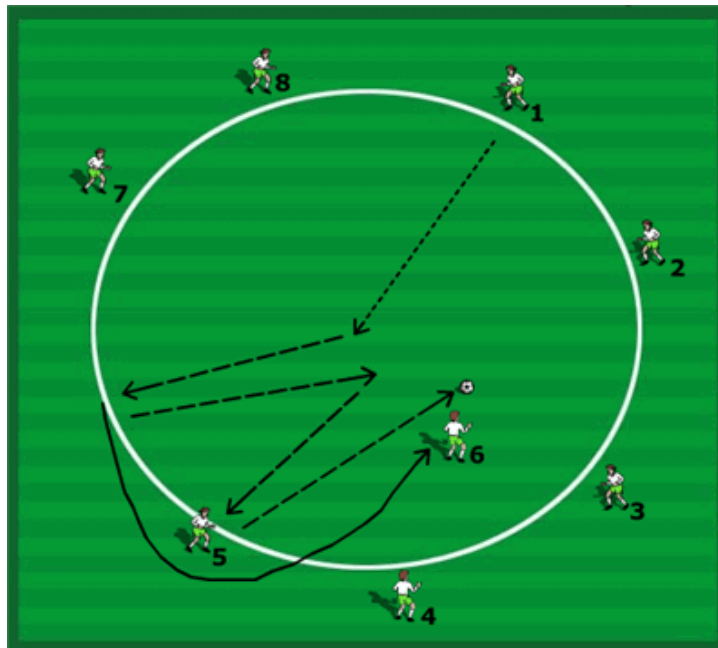
3. Many ways to develop this idea to get lots of touches on the ball, practicing running with the ball, receiving, and turning with the ball and dribbling with the ball, combination plays, give and go's, overlap runs and so on. The coach can use his or her imagination to make this work.

PLAYING 1 – 2'S



1. (1) runs with the ball and passes to (6) that plays a 1 – 2 then (1) passes to (5) who carries the move on. (1) Takes (5)'s place.
2. Progression – Use two balls at the same time. Awareness of other players in the same spaces comes into play in the movement of the inside players.
3. Coaching Points as in previous exercise.
4. If (1) passes to (6) and supports to the right of (6) then the pass is going to the left to (5) making sure we are working angles of support and passing, and it lets (5) know the next pass is going there.

OVERLAP RUNS

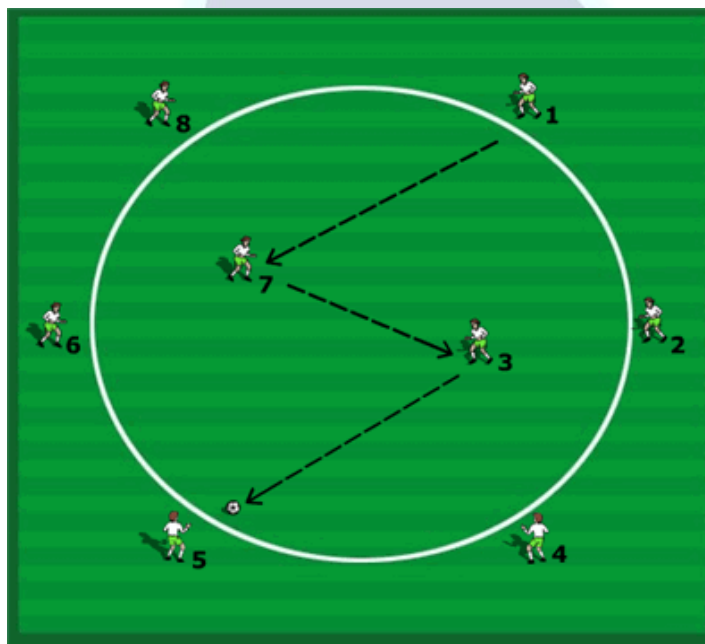


1. (1) runs with the ball and plays a 1 – 2 with (6), then lays the ball off to (5). At the same time (6) makes an overlapping run around (5) to receive the pass in front. (1) Takes the place of (6). Develop the usual way.

2. Coaching Points as the previous exercise but this time the support run is in the form of an overlap.

3. Timing of the overlap run is important as is the timing of the pass into space in front of the overlapping player to receive.

1. As the ball is going to (7) he or she has already looked to see where (3) is to pass to. (3) Has already got into a support position to be ready to help (7) and at the same time is viewing the field to see who is available to receive a pass on the outside. As the ball travels to (3) ask them to call the name of the player they intend to pass to, before the ball gets to their feet. To do this they need to look at (7) as the ball arrives, look to see who is free then look back to see the ball coming.



2. (7) moves to an angled support position to receive the pass from (1). (3) Makes an angle off (7) to receive the ball then passes to (5).

3. Coaching Points:

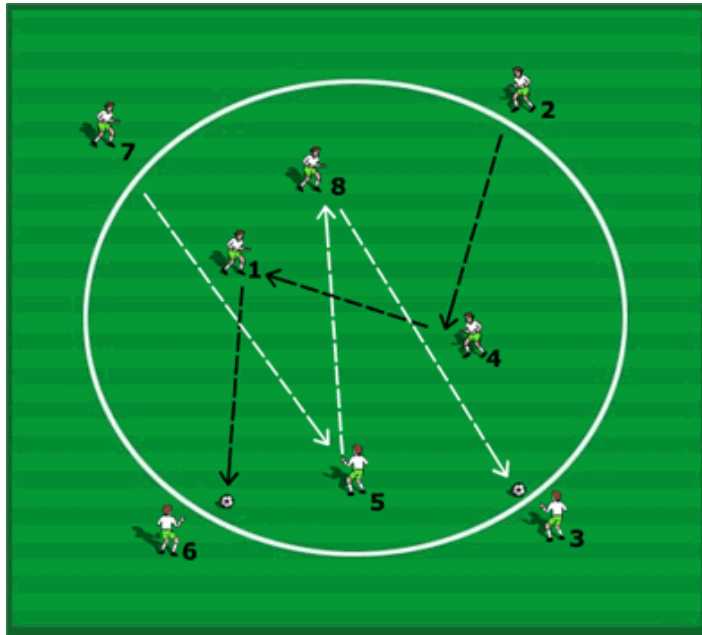
- Body shape when receiving.
- Quality of pass (weight, timing, and accuracy)
- Support angles
- A Good first touch.

4. Progression:

- a) Three players are working together in the middle
- b) Two pairs working together in the middle.

5. Pass in the same sequence each time into the middle players, awareness required as to where players are on the outside and, more particularly, in the middle where they can get in the way of each other in a two-team situation.

SESSION 2: CIRCLE GAME DEVELOPING PASSING AND SUPPORT IN 1 v 1's



Coaching Points:

- a) Body shape when receiving.
- b) Quality (weight and accuracy) of pass.

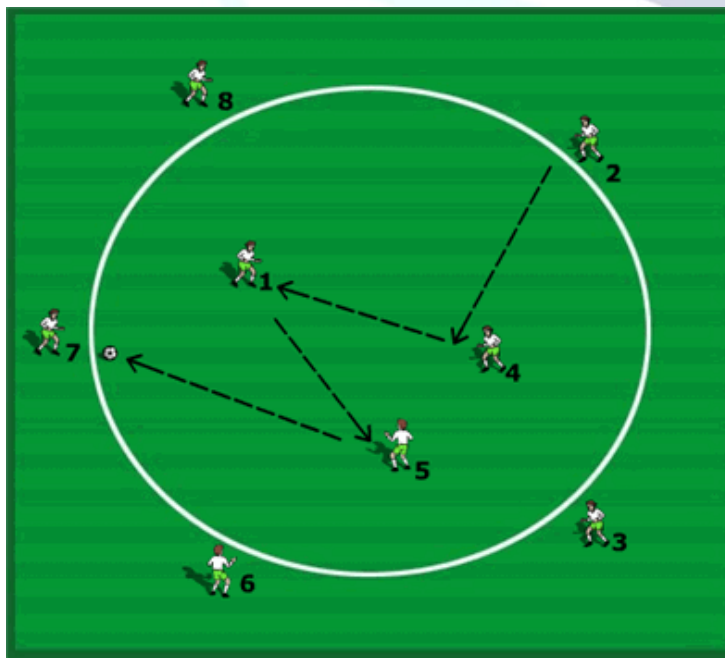
c) Support angles.

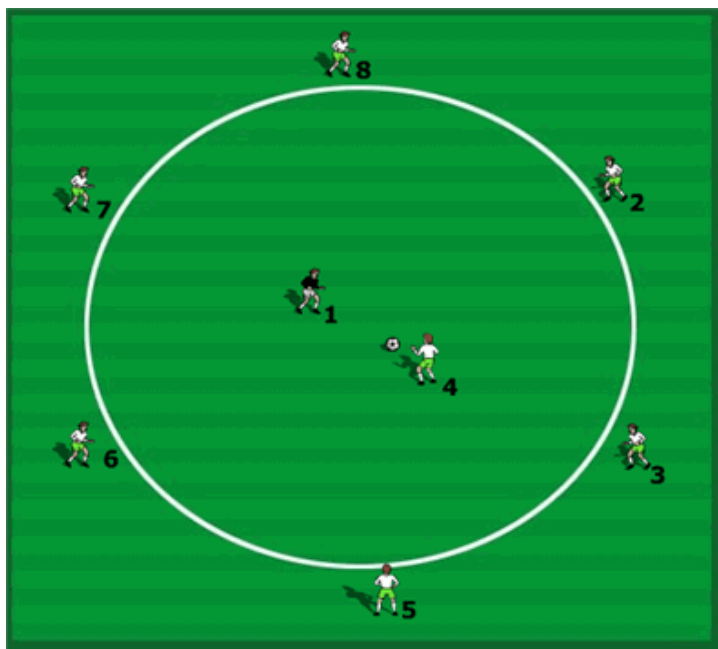
d) Good first touch.

3. **Progression:** a) Three players working together in the middle. Try one touch and two touch play.

b) Two pairs working in the middle with a ball each pair.

4. Creating awareness of where the other pair is causing players to look away from the ball and observe their surroundings.





ONE v ONE

Introducing Opponents

1. 1 v 1's – This is now possession play (keep ball) in the middle to start, outside players two touch but must release it quickly to keep the pressure on inside the circle. This is highly intensive work. Rotate players. Inside players as many touches as they like, practicing dribbling skills in 1 v 1 situations, passing and movement off the ball working combinations with teammates.
2. Inside players cannot tackle

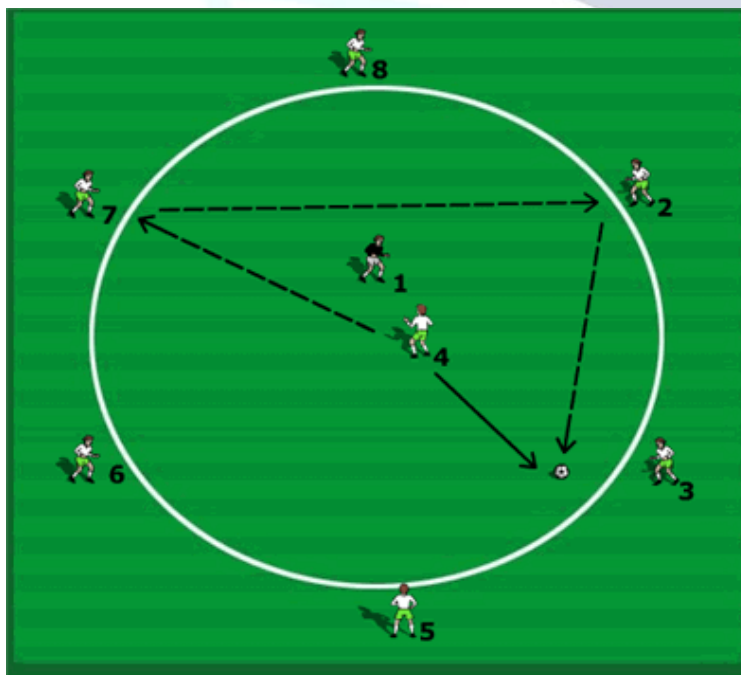
outside players but can intercept

passes from them. Outside players can move side to side to improve their support angles. Emphasize passing to both space and to feet.

3. This is technically a 7 v 1 in favor of the player in possession.

4. A 2 v 1's - Two then one touch on the outside. You can work on attacking players passing and support techniques or the sole defender on defensive skills.

5. Coaching Points:



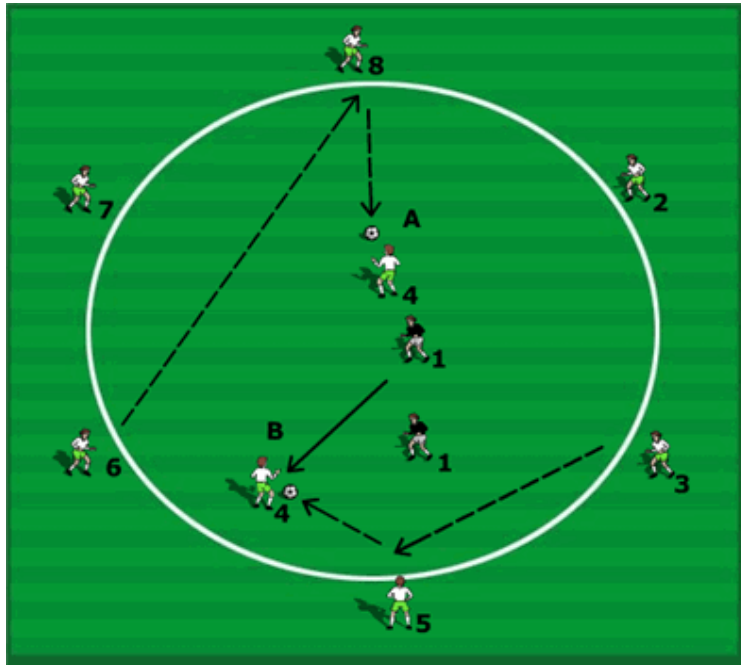
- a) Quality of passing (accuracy, timing, and weight).
- b) Angles and distances of support.
- c) Movement “off” the ball.
- d) Communication.

1. Players can pass the ball around the outside until a pass is on to an inside player. You can restrict the number of continuous outside passes as the main work must be done by the inside players so keeping them involved.

2. Players on the outside identify who they are passing to as the ball is coming to them. They can call a player's name to pass to “before” they

get it so the inside player in possession knows which player to work off next to receive the ball from again. Or as the ball is coming to (7), player (2) may call and ask for the next pass to make (7) aware that this player is open and available, good communication is the key to this.

3. Here (4) passes to (7), who, as the ball is travelling, calls out (2)'s name. This is a cue for (4) to then change position to receive the next pass from (2) early and in space. One or two touch plays on the outside will mean this is quick passing and it will help (4) get possession again early and in space away from defender (1), who hopefully has been left flat footed.



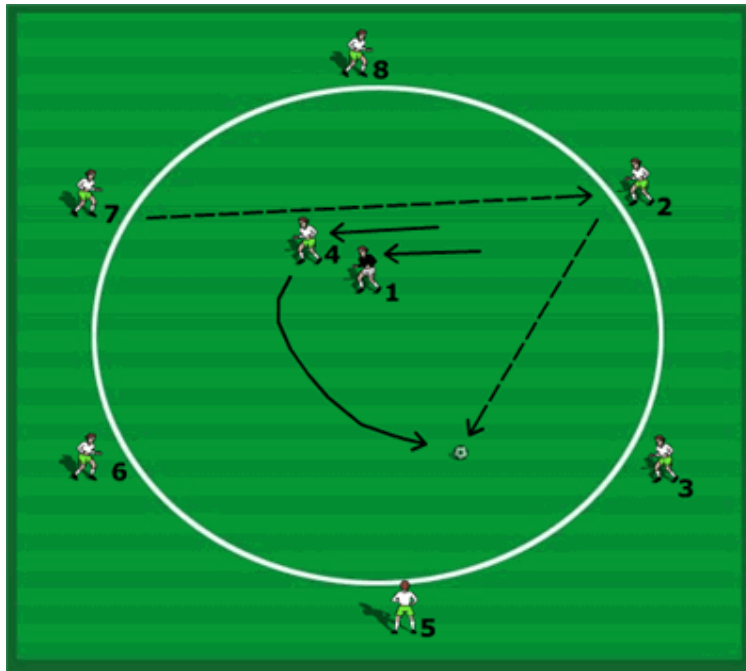
1. Avoid players closing their own space down by getting too close to the player on the ball. At figure 1, (4) has got too close but also gone in too straight so cannot view the full field nor see where the defender is.

2. Correct movement would be off at an angle to receive facing forward and inside if possible, seeing the whole field. Figure 2 shows this. If the defender

blocks the pass to (4) then the passing channel is open for (5) to pass elsewhere and (4) will work their position off the next pass.

3. Try to receive the ball facing inside not outside the circle so you can see the full area and all the players if possible. An open body stance will help this even receiving "side-on" helps. In figure A (4) can see (8) but little else of the other

players or the field; in figure B, (4) can see most of the players and most of the field



field when receiving the ball or moving to receive the next pass if (3) passes it elsewhere.

1. Here (4) comes to receive a pass, (1) is marking tightly. (7) Can pass the ball to the opposite side of (4) away from the side (1) is defending.

2. (7) can also put a little more weight on the pass, (4) lets it run across his or her body with a feint to fool (1), it runs to (2) who then can lay the ball off back to (4) who has turned away from (1) to get free to receive the next pass.

3. This movement creates space behind (4) to run into off the next pass. (4) Has to be

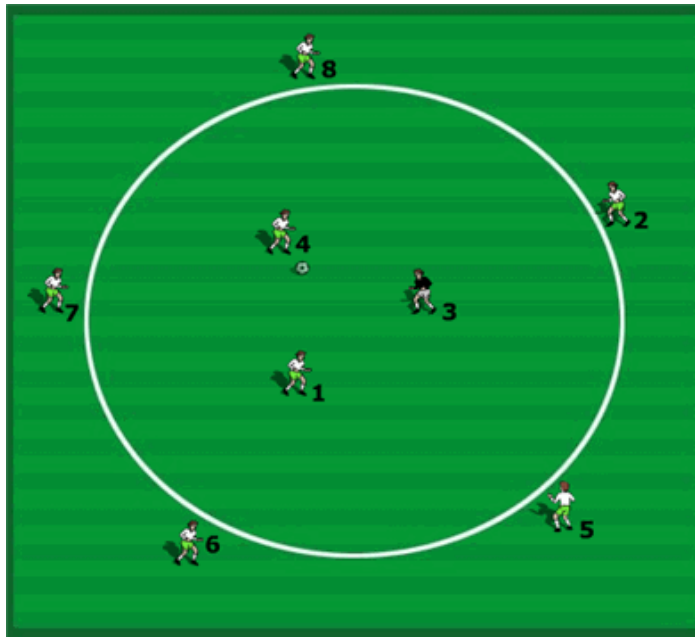
aware of the position of (2) “before” the pass to let it run to them. (2) Has to be ready to receive and expect the ball from (7).

4. A one or two touch pass from (2) into space for (4) ensures the movement and passing is rapid and gives the defender (1) less time to react.

5. Try to get faced up to the defender when you receive the ball and do not play with your back to them. This gives the player on the ball the advantage.

SESSION 3: CIRCLE WORKING TEACHING 2 v 1, 2 v 2 and 3 v 2.

TWO v ONE



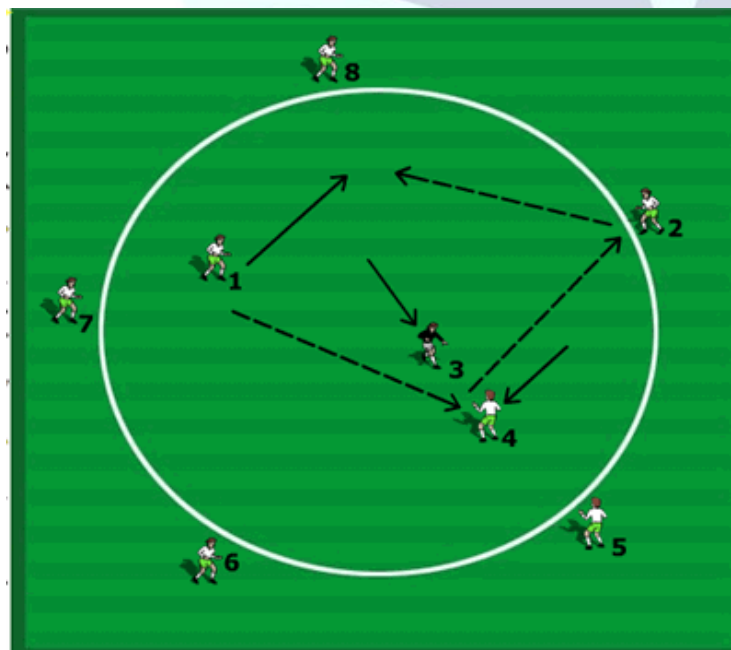
1. Here we have an overload of 2 v 1 in the middle. (1) And (4) must keep the ball away from (3) using the outside players as support.

2. If (3) wins the ball then as incentives that player use the outside players to try to keep possession.

3. **Develop:** If an inside player gives the ball away, that player then becomes the defender against the other two players.

4. Players (1) and (4) must make it as difficult as possible for a defender (3) to win the ball. If it becomes too easy using the outside players, then limit them to one touch each and have the two

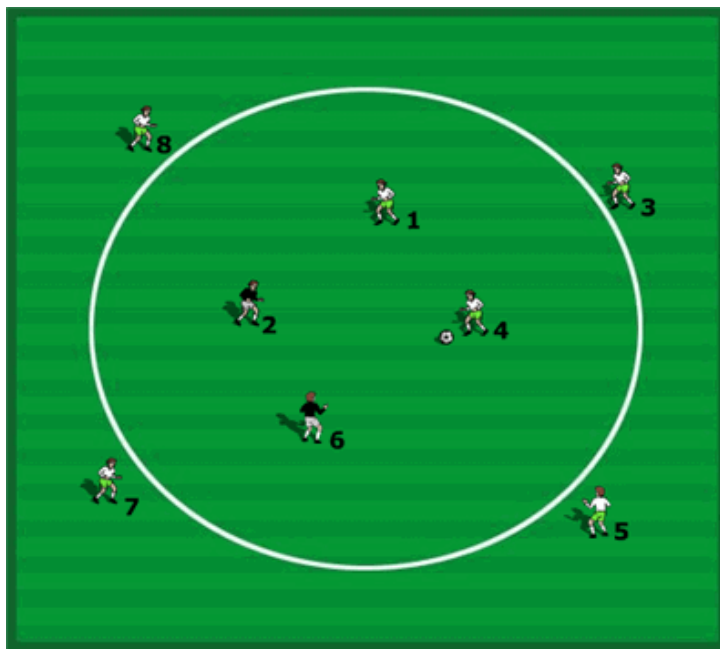
inside players limited to two touches then one touch so the challenge becomes greater.



1. You can also limit the number of times the ball is played around the outside players, so it must come back into an inside player every two passes, for example. Play around with this until you can get a balanced situation putting the two inside players under enough pressure with restrictions, to make it demand but also giving the defender a fair chance to win the ball back.

2. Here (4) creates an angle for the pass from (1) by moving into space (1) can see. (4) Then lays a pass off to (2) who passes into space to draw (1) to

the ball and take him or her away from (3). Too often player (4) may stand in a position behind (3) so (1) can't see them. This really emphasized the need for movement off the ball to support a player on it.



3. Awareness of instincts being trained here again for all the players both in the middle and on the outside. As the ball is traveling to (4) he or she needs to call the name of the player they are passing to before they receive it, then (4) must be aware of where to pass it next, in this case into space for (1)

TWO v TWO

1. A 2 v 2's - (1) and (4) against (2) and (6). Building to a 3 v 2 and so on depending on numbers you are working with. Using outside players as

support men for both teams.

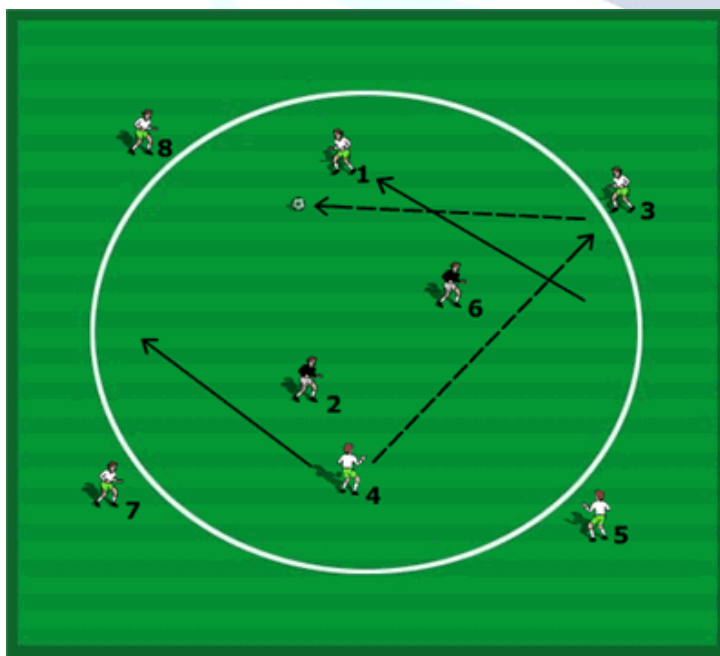
2. Inside players can have free play then develop to three then two touch to improve speed of decision making.

3. Outside players two touches then one touch play.

4. This is technically a 4 v 2 in favor of the team in possession.

5. Keep rotating players, putting them with different partners to work with. This is physical work, but players get a break on the outside to recover, ensuring quality work inside the circle.

6. An alternative is to have two teams, and the inside players can only pass to their teammates on the outside, this gives them fewer choices and increases the difficulty of the exercise.

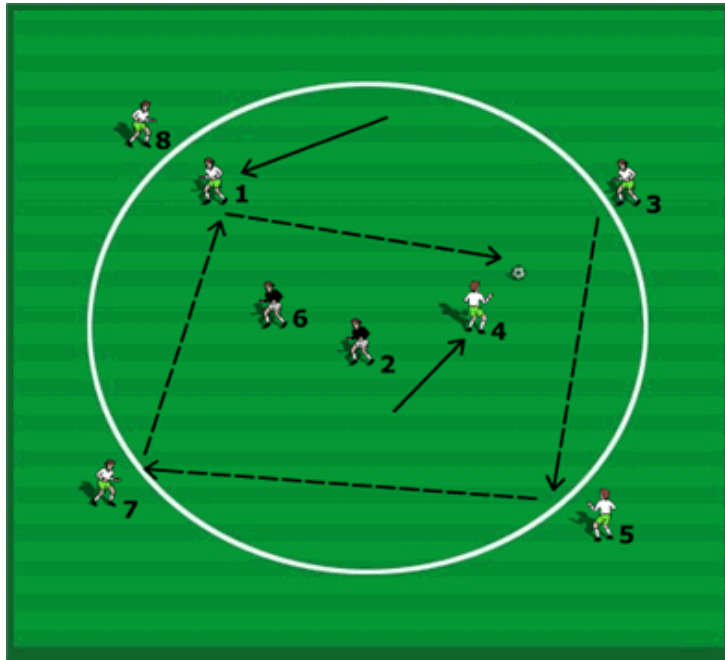


1. Using the outside players – an example would be as above where (6) has gotten into the same passing lane as (3). (1) Shapes up to receive a pass but lets it run across the body through to (3) and then makes a movement to support the next pass from (3).

2. This results in dummyming defenders (6) into thinking (1) will receive the ball and so (2) pressures (4). The movement

results in (1) getting free from the marking of defender (6) using (3) to receive the next pass into space.

3. In the meantime (4) will be on the move to support the next pass from (1) and thus get away from the marking of defender (2).



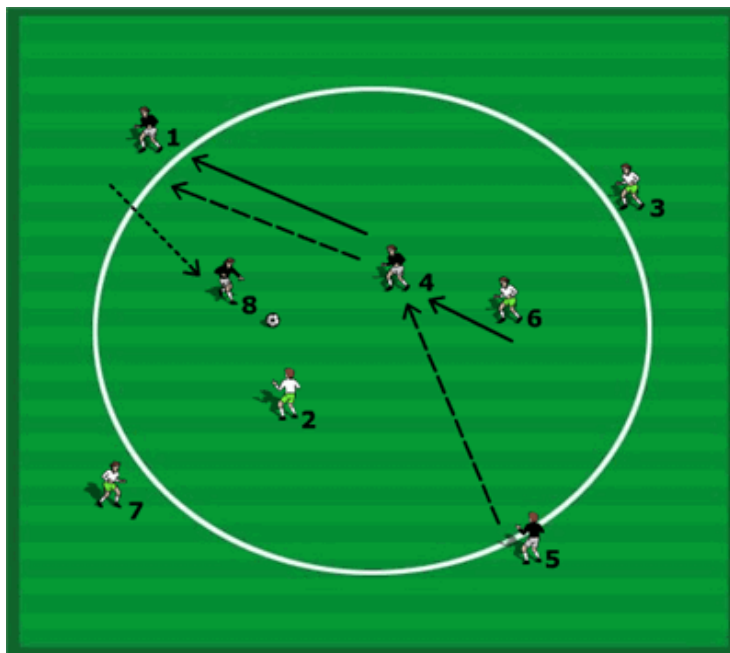
4. Initially there is no restriction on passing so the players can pass around the outside of the circle until an inside player is available to receive the ball.

5. Progression - As the players improve put conditions in where there can be only three, then two passes between outside players, then the ball must be passed to an inside player. The two inside players must link up with a pass before the ball goes to an outside player again.

1. The ball is being passed around the outside of the circle.

After two passes, it must go to an inside player. The inside players must work hard to get into a position to receive the pass knowing the next pass has to be inside to one of them. Create a triangle of support between the two players in the middle and the outside player you are working with.

2. If it is (6), as above, who receives the pass, then (4) must work off the ball to get into a position to support (6) particularly if the condition is that a pass must be made inside the circle between the two inside players before it can go out again.



3. This is a great session for working on movement off the ball for players to support each other in tight spaces as well as developing technical skills on the ball in tight spaces.

4. Introduce a free player who works with both teams when in possession to develop the practice into 3 v 2.

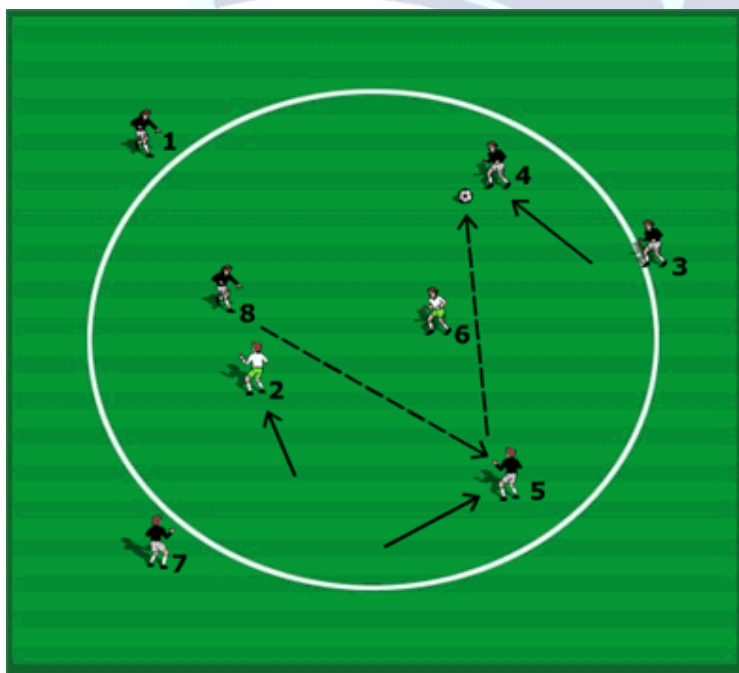
1. A 2 v 2 in the middle, players can only pass to their teammates on the outside to keep possession so half the number of options as before.

2. Develop: The outside player who receives the pass from the

inside player now keeps possession and goes into the middle and switches with the inside player who initially passed the ball outside.

3. Outside players coming into the circle with the ball can run it in and keep possession or pass it to their teammate one touch. They must pass to their inside teammate before it can go outside the circle again.

4. Constant changing positions here means players are always on the move both on and off the ball.



THREE v TWO

1. Now we have an overload situation as in the 2 v 1 previously. You can bring in this set up before 2 v 2 if you desire as it is easier to achieve success with it than in 2 v 2 and equal numbers.

2. To make it a bigger challenge to the players condition the number of touches they have in the circle to three, then two touches, then one touch, if it is on to do so. Try to split the defenders with a pass between them.

3. If the defenders win the ball, because they are outnumbered, allow them to be free with no restriction on touch and encourage them to keep the ball using the outside players themselves now. This is their reward for winning back the ball.
4. The variations in this set up are numerous and it just takes a little imagination to develop new ideas from this.
5. Progress the idea from 1 v 1, 3 v 1, 2 v 1, 2 v 2, 4 v 2, 3 v 2, 3 v 3 and so on depending on the numbers of players you must work with. The area can change as you increase the number of players in the middle.
6. Use the session to improve support play or improve defensive play (when the players are outnumbered for example).

Progressions

1. Use a free player so it is always a 3 v 2, or a 4 v 3. Vary the number of touches allowed, free player 2 touches for example and the others free, outside players 2 touch and so on.
2. Have a safe zone in the middle that players can enter when their team has the ball where they cannot be tackled, so it is like a space they can move into in a game situation.

