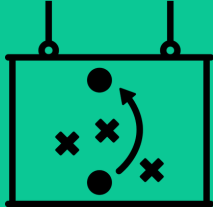


PICK IT



***FIVE FAVORITE ACTIVITIES
THEME: RONDOS***



PICK IT

How

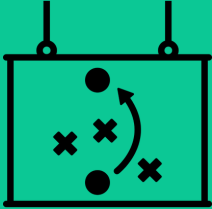


This deck can be used in a variety of ways. Feel free to print these out!

- 1. Show all of the cards and have them select the theme and the game(s) they would like to play.**
- 2. Allow the players to select the theme based on what they want to improve.**
- 3. As the coach, have a pre-determined theme in mind, use only those cards, but allow them to select the game(s).**
- 4. Bring out all of the cards and have them to add any variations they would like to implement.**
- 5. Create teams using a "this or that" method. Example: If you like cookies stand to my left, if you like brownies, stand to my right. If the teams aren't even you can ask for volunteers to move.**
- 6. Have pre-determined teams based on their roles as an attacker, defender, goalkeeper, etc.**

PICK IT

Why



What are some autonomy-supportive coaching examples?

- Ask the players what change(s) they would make?
- Ask the players to come up with a number of successful attempts they want to achieve?
- Allow the players to work independently between games/activities if doing them more than one time.
- Ask the players to acknowledge good performance or effort from one of their teammates during the games/activities?
- Ask the players what the game/activity is developing?

***To view a video explanation, scan the QR Code
with your mobile device***



PICK IT

Theme: Rondos

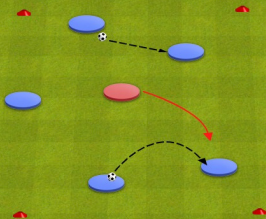


Rondos



2-Ball Rondo

5-6 players make a small circle or get inside a grid.
1 defender in the middle.



One ball is always on the ground.
One ball is always in the air.

If the defender knocks the ball designated on the ground out they go out.

If the defender tags the player with the ball designated for the air they go out.



PICK IT

Theme: Rondos

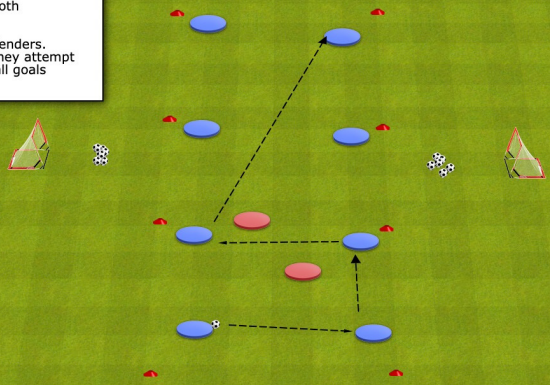


Create a long and narrow grid.
Make the length approximately 25-30 yards.

Play 8-10 attackers, split on both sides against two defenders.

Play a rondo against the 2 defenders.
If the defenders win the ball they attempt to score in one of the two small goals outside the grid.

Rondos
Vertical Rondo





PICK IT

Theme: Rondos



Rondos

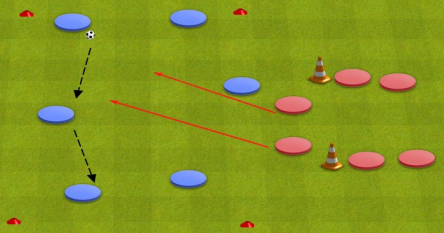


Timed Rondos



Make a grid. The size depends on the ability of the grid.

There are two 2 teams of 6.
One team starts in the grid.
The other team are in pairs and outside of the grid.



Pairs come in and defend.
When they knock the ball out of bounds or the ball is played out of bounds by the team in the box.

When the ball goes out, a new pair comes in.
The pair that was defending goes out.

Play for time or a specific number of passes.

Example: If team 1 makes 3 passes in round 1,
5 passes in round 2,
5 passes in round 3 their total is 13.

The other team tries to beat that total score.



PICK IT

Theme: Rondos

4

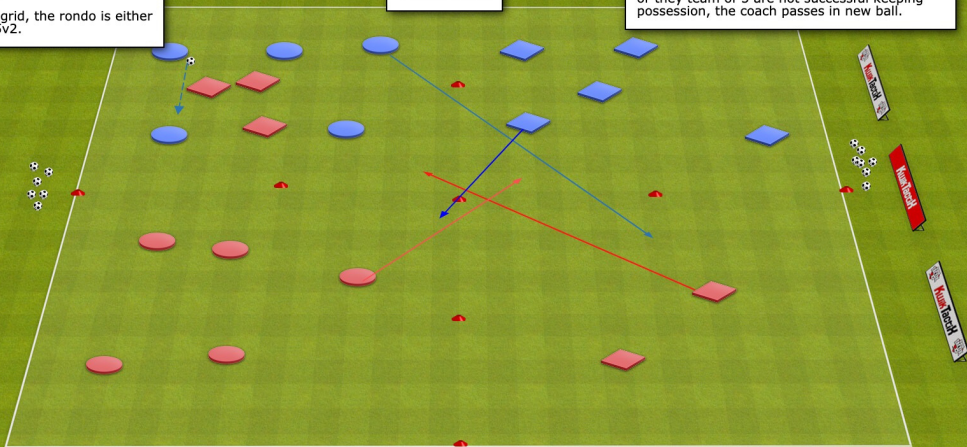
Create 4 grids of 15-20x15-20.
Place a team of 5-6 players in
each grid.

In each grid, the rondo is either
5v3 or 5v2.

Rondos

4 Team Rondo

The team that is diagonally across
from the team that has the ball in their
grid sends 2-3 defenders. When the ball is won
or they team of 5 are not successful keeping
possession, the coach passes in new ball.





PICK IT

Theme: Rondos



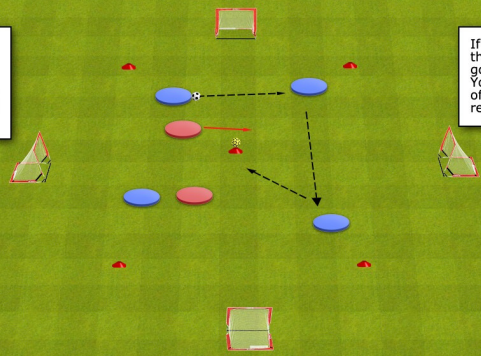
Rondos



Rondo with counter goals

Make a box/grid and place a ball on top of a cone, stick, beach ball, etc.

The team of 4 pass the ball around and try to hit the ball on top of the cone off. If success the 2 defenders stay in.



If the 2 defenders win the ball they can score in any of the 4 counter goals outside the grid. Note: You can have players stand instead of counter goals so they can get some rest.



THANK YOU