

## Description

Unopposed technical rondos based on focusing on the players passing and first touch.

### Screen 1

Set up: 3, 10 x 10 m boxes (example of amount and size of boxes) good supply of balls.

Sequence: Using 1 ball, players play passes in side the box (see box 1 example)

Objective: To keep the ball moving for 30 seconds x 9 sets with 10 seconds rest between sets.

Coaching points: Weight and accuracy of the pass, good first touch, minimal touches, keep the ball moving, communicate the pass with a call or hand signal.

Competition:

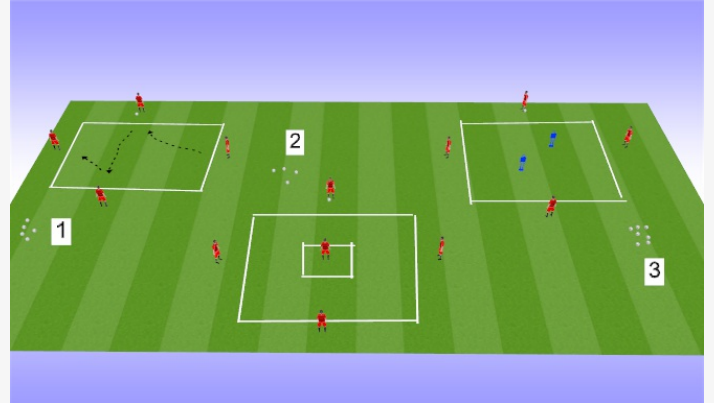
How many passes can you get in 30 seconds

Which group can keep the ball moving in their box the longest (no time limit)

Box 1: Open box play any player

Box 2: 1 Real player (passive defender) who can't leave central box or mannequin switch (passive defender) every 30 seconds

Box 3: 2 mannequins Play as many split passes in 30 seconds (competition)



Progression/variation: 1 touch, 2 touch maximum, 2 touch minimum, rotate with the player you pass to must run around the box not inside. Vary type of passes low/medium/high. Use 2 balls at once.