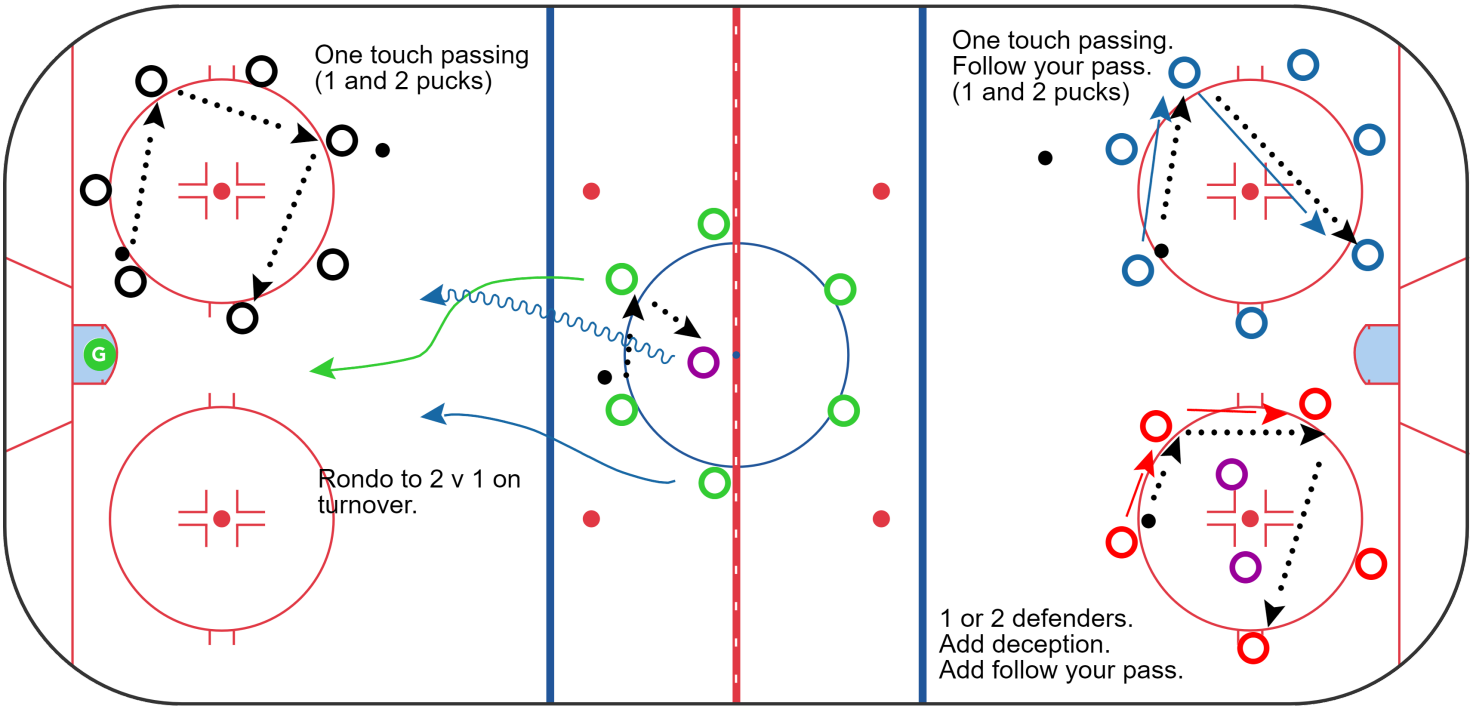
Rondos



Description

Rondos are great passing drills that can be used with any number of players. They are very popular in soccer.

Complementary drills:

- Barone passing circle
- 4v4 Rondo Game (from Kelly McDonald)

Key Points

Work on different types of passes.

- One-touch and Two-touch passes
- Backhand passes
- Saucer passes
- Slip and hook passes

Keep your head up.

Know where you are passing next, BEFORE you get the puck.