

The Science Of Rondo Progressions

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The Science Of Rondo Progressions

"The Science of Rondo" is the ultimate book for coaches who want their teams to develop by using rondo training. The book includes my personal rondo-training curriculum that I use with my team. It contains rondo variations, progressions and transitions.

The Science of Rondo: "Progressions, Variations ...

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The Science of Rondo: Progressions, Variations & Transitions. Rondos develop a player's speed of thought, speed of play, individual and collective ball retention capabilities, footwork, agility, soccer problem solving skills, team work and ability to create a rhythm or tempo of play.

The Science of Rondo: Progressions, Variations ...

Rondo can be as little as 3 v 1 to 10 v 2 over another group of players. The objective of the group in possession is to keep the ball away from the defenders, while the defenders objective is to win the ball. Rondo is different than other possession drills because the players take up a pre-set space in the circle rather than roaming all over.

The Science of Rondo - SportsEngine

The Science of Rondo "Progressions, Variations & Transitions" By Marcus Dibernardo I was introduced to rondo some twenty years ago as a player, however no one told me it was called "rondo" nor did they explain the objectives of the game.

The Science of Rondo "Progressions, Variations ...

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The Science of Rondo: Progressions, Variations ...

The Science of Rondo: "Progressions, Variations & Transitions": Marcus A DiBernardo: 9781495493294: Books - Amazon.ca

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The Science of Rondo : Marcus a DiBernardo : 9781495493294

Rondo-type games are an important piece of the training puzzle for players at every age. This book provides a nice overview of Rondo techniques and practical progressions which can be used for beginners and high level players.

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