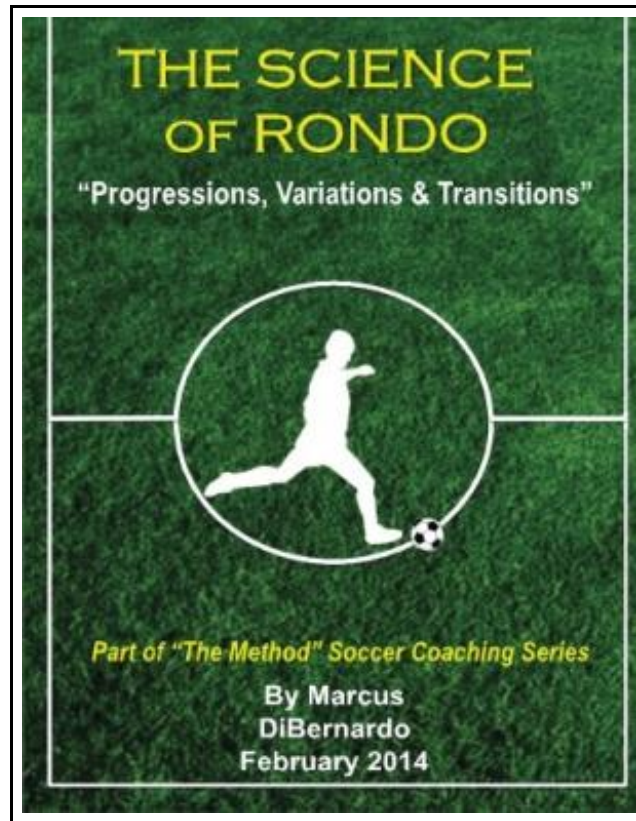


The Science of Rondo Progressions, Variations Transitions



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THE SCIENCE OF RONDO PROGRESSIONS, VARIATIONS TRANSITIONS



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 34 pages. Dimensions: 10.6in. x 8.3in. x 0.2in. Rondos develop a players 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. These are essential and critical skills in the game of soccer. Watch a full 11v11 game and see how many touches each player gets. Research indicates players will touch the ball 20-40 times in the course of a 90 minute game. Rondo can increase a players skill level quickly because they are put in realistic game-like situations over and over again in a small time frame. A player can touch the ball twenty to forty times in a 5 minute period playing rondo. The touches in rondo are meaning full touches as well; they require players to find solutions to high pressure defending situations that are game related and virtually non-stop. 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. I show you how to combine rondos with passing patterns, fitness exercises and game related possession drills. If you want to understand rondo and rondo training methods, than this book is for you. Enjoy. This item ships from La Vergne, TN. Paperback.



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