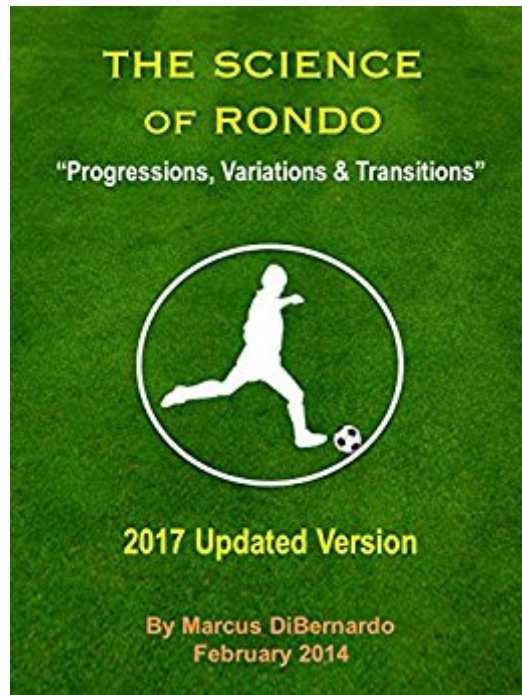




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The Science Of Rondo: Progressions, Variations & Transitions



Synopsis

This is the brand new updated 2017 edition with the latest rondos from around the world. 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. 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 player's 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.

Book Information

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Customer Reviews

As one progresses in soccer, they soon discover that training methods don't change significantly, the players just get faster, stronger and more skilled. 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. I would especially recommend this book for newer coaches as these drills will enhance your players skill level along with their decision making ability and vision for the game. The diagrams are easy to understand, and these games will be easy to implement.

The author, as in his other books, has given us practical advice on how to develop accomplished soccer players. I was watching Italy vs Barcelona and saw all the movements and skills that Ronda teaches. Players balanced on the balls of their feet, players receiving the ball anticipating their next pass and players looking for that penetrating forward pass. All these skills are taught in Rondo. Master Rondo and your a player. Larry

There's a big difference between a book and a chapter in a book. This is a chapter for \$12.99. The information is good, but I recommend the author compiles all of his "books" into one actual book.

I love this book. I knew a little about rondos before I got this book, now I have a different perspective for the game and I think that you will too...

The book clearly showed the value of Rondo training, offered a large variety of Rondo exercises and gave many variations to the training method. The book did not just give the drills it offered valuable insight to go with the drills as well.

really good book, if you are looking for theory then not the book for you. if you are looking for different activities to use it is great

I love watching professional soccer, especially Barcelona, this book breaks down the methodology

so I can utilize it in my training sessions.

It is a useful book for coming up with different ways to take advantage of Rondo exercises. This allows you to add variations and to work different ideas and themes.

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