



The Science of Rondo Progressions, Variations Transitions

By Marcus A DiBernardo

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....



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