

**POSITION GAMES, RONDOS AND MATCHES
IN THE F. C. BARCELONA**

Our professional experience

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A. GAME SET EVOLUTION

B. THE RONDOS

C. POSITION GAMES

D. THE MATCHES

A. GAME SET EVOLUTION

1. **TECHNICAL-TACTICAL EXERCISE** (concepts and instructions)
 - TECHNICAL: Passes (Short and long), oriented controls,...
 - TACTICAL: Supports, unchecks, orientation changes,..
2. **RONDOS**
 - Initiation to set game(Collective game)
3. **SIMPLE POSITION GAMES**
 - Distribution in pitch every time more similar to real match.

A. GAME SET EVOLUTION

4. POSITION GAMES WITH PROGRESSION

- Increasing the sense of verticality and profundity in attacking play.

5. MATCHES

- Real game; competition reality

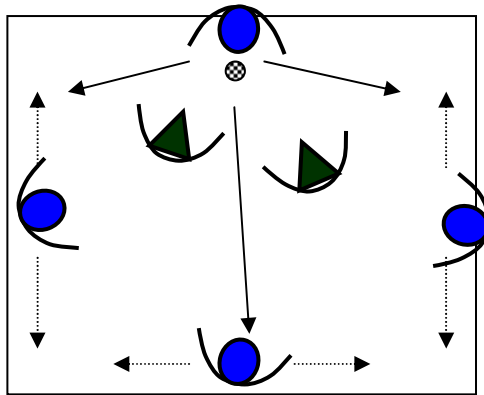
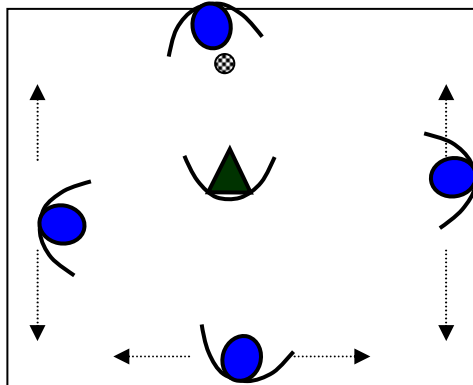
B. LOS RONDOS. OBJECTIVES.

- Movility improvement (foot supports, agility, turns..)
- Ball rhythms (1, 2 touches, free,..)
- Improvement of short pass (Contact surfaces, give and support)
- Oriented control improvement

B. LOS RONDOS. OBJETIVES.

- Improvement of support (Body position)
- Choose the best option (possessor of the ball)
- Concentration (According to rules)
- Intensity of the game (attackers and defenders)

B. LOS RONDOS: 4 vs 1 , 4 vs 2 , 6 vs 2



Space : 6 x 6 , 8 x 8 , 12 x 8 m

Rules :

- 1,2 touches, free, different frequencies (2-1-1..), not return to the same player, count nº of passes without losing the ball
- Position in the center(not in the vertices)
- Change the defenders in each ball stealing or every 1',2'..

C. POSITION GAMES. OBJETIVES.

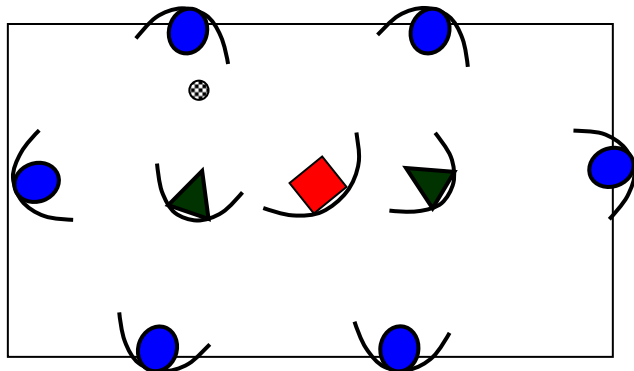
OBJETIVES : They are the same as in rondos and in addition:

- **TECHNICAL** : **Speed of the ball**
Improvement of the passes(tense passes) and control
(Always oriented)
- **TACTICAL** : **Good disposition in pitch (no loose the position)**
No lose the ball
Improvement of support (Body position, line passes)
Triangulations of pivots
Alternation of short and long game
Perception of the game space (Especially pivots)
Temporal perception (timing)...

C. POSITION GAMES. OBJETIVES.

- **TACTICAL :** ...
 - Election of the best option (possessor of the ball and team mates)**
 - Game interpretation**
 - Pressure of the defenders (defensive work)**
- **PSYCHOLOGICAL :**
 - Concentration (according to rules)**
 - Chip change attack - defense and defense - attack (In some games)**
 - Intensity in the game (Attack as defense)**
 - Improvement of team work, commitment, responsibility.**

C. POSITION GAMES. EXAMPLES.



(4 + 1) vs 2

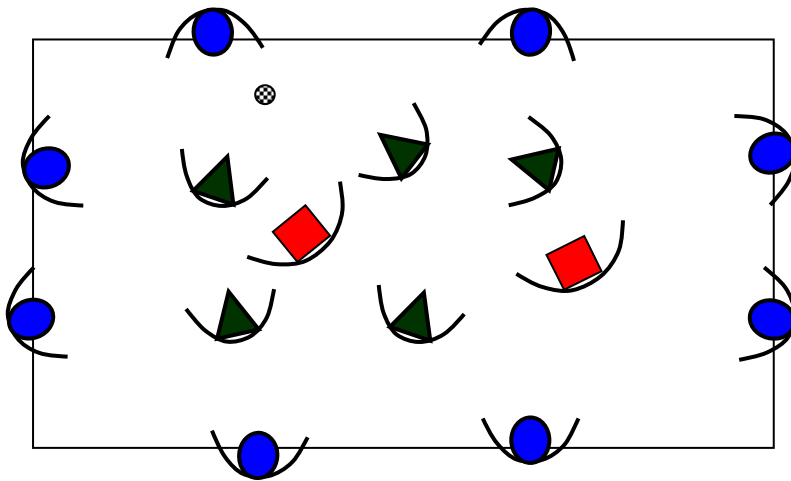
(6 + 1) vs 2

Space : 10–12 x 10 m

Rules :

- 1,2 Touches, free, different frequencies (2-1-1..)no return to the same player, count n° of passes without losing the ball, Obligate to play with pivot in surtain n° of passes, minimum n° of passes in each square before passing the ball...
- Position of players in the center(not in the vertices)
- Change the defenders in each stealing of the ball or every 2', 3'..(No more than 3')in each ball stealing.

C. POSITION GAMES. EXAMPLES.



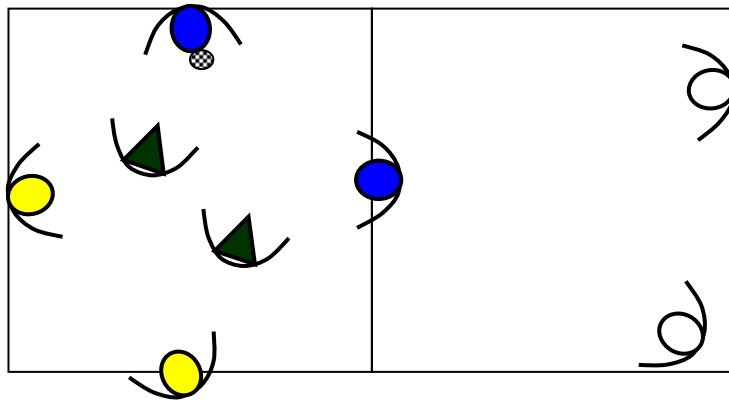
(8 + 2) vs 5
(10 + 2) vs 6

Space: 30–40 x 20-30 m

Rules:

- 2 Touches, free, no return to the same player, count n° of passes without losing the ball, Obligate to play with pivot in surtain n° of passes, alternate short and long game and orientation changing.
- Position of players in the center(not in the vertices)
- Change every 3', 4'..(No more than 4')
- Amplitude and profundity in the game
- We can give offensive game progression
- Change defenders : every 3', 4'.. (no more than 4')

C. POSITION GAMES. EXAMPLES.



DYNAMIC RONDO (2 + 2 + 2) vs 2

OBJETIVES

- Pass the ball and continue supporting the team mate (give it and go)
- Fast ball speed, alternating short and long passes.
- Changing chip attack-defense
- Working pressure on defenders.

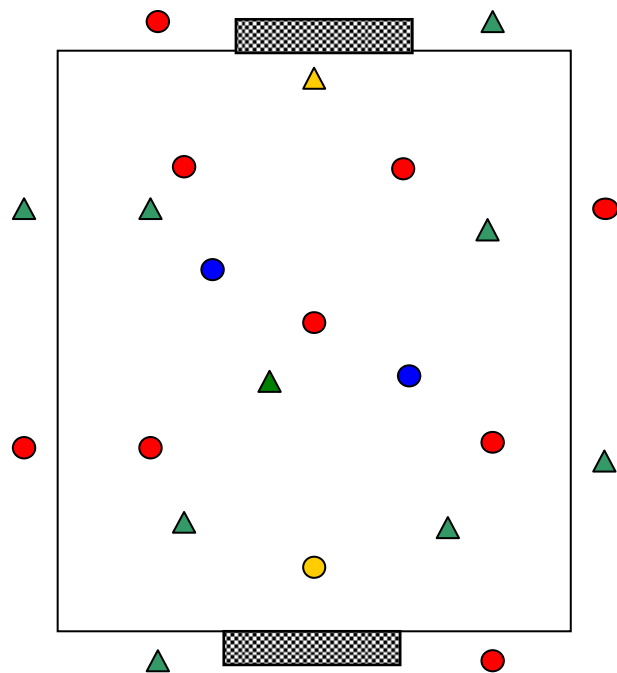
Space: 20 x 10 m

Time: 8'-10' without stop

Rules: 2 touches o free.

- If the defensor team steals the ball becomes attacking team and attacking team becomes defender.
- There is always 4 vs 2 in each pitch.
- Its possible to obligate to do surtain n^o of passes (5-6) in each rondo, before they pass the ball to the other side of the pitch.
- When a attacking player passes the ball to the other side of the pitch the two defending players have to go also, in order to help the other two players.

C. POSITION GAMES. EXAMPLES.



**(5+4 Outside) vs (5+4Outside)
+1 o 2 pivots + goalkeepers**

Space : 25 x 20 m Maximum : 40 x 30 m

Rules :

- 1 o 2 touches, the pivots are free or 2 touches, ...
- Change the two players of outside and inside every 3'-4'.
- The goalkeepers have to play with the feet: only with the hands if its long passes.
- The pivots play always with both teams.
- The outside players give support to the players inside.

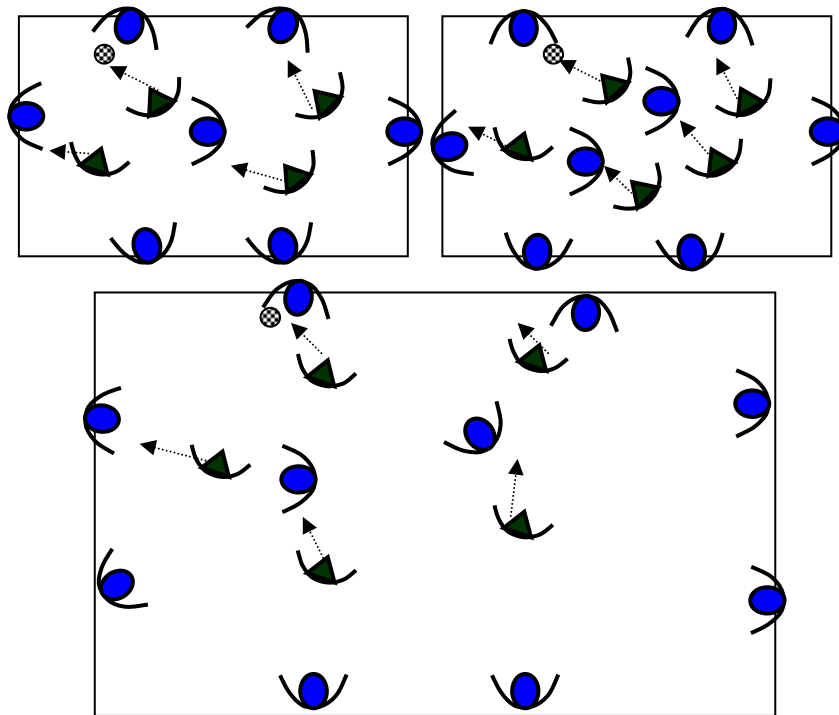
Objetives :

- Play with the second line to return the ball faced.
- Alternate short game with long game. (Short and long passes)
- Give continuity to the game after any passes
- Orientation changes (Right-left, left-right)
- Spacial and temporal perception (Pivots)

-This position game can convert in a **MATCH** in wich each goalkeeper plays with his team.

C. POSITION GAMES. EXAMPLES.

WORKING WITH PRESSURE



7 vs 4 , 8 vs 5 , 10 vs 5

Space : 20 x 15 (until 30 x 20 m)

Rules: Free touches (real game)

- Change of the defensor team every 2'-3', since the pressure work should be really intensive.
- The attackers position is like in a match.
- You can do between 4 teams of 4-5 players (Three teams are always working)
- The pressure must be done on ball possessor and closer team mates.
- This pressure must not be constant, it must be done at the right time and together by defender team.

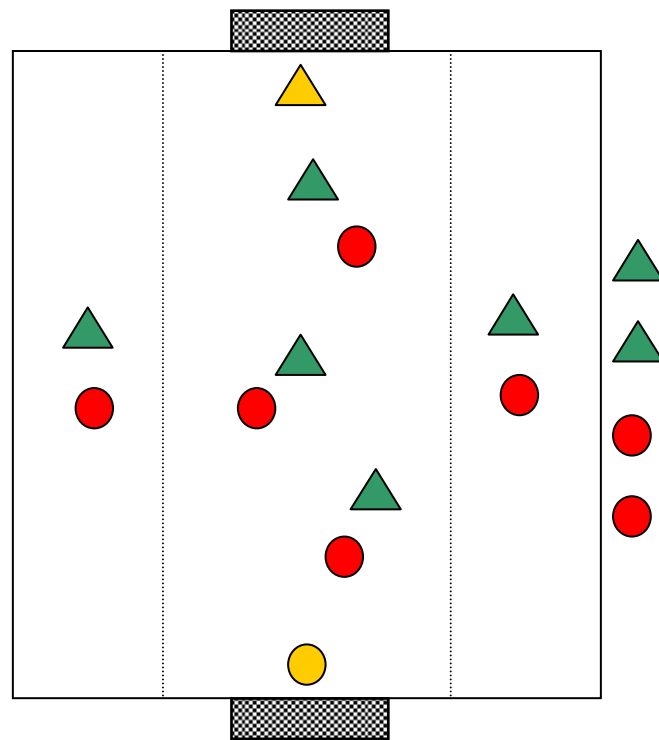
C. THE MATCHES. OBJETIVES.

- High speed of the ball.
- Triangulation in the game
- Correct distribution in the pitch
- Profundity and amplitude in the pitch
- Overpass lines and face play

C. THE MATCHES. OBJETIVES.

- Work the 1 vs 1 and 2 vs 1
- Chip change attack-defense-attack
- Concentration (With rules variety)
- Offensive and winning mentality
- Comunication between players

C. THE MATCHES. EXAMPLES.



5 vs 5 , 6 vs 6 (with wings)

Space : 25 x 20 m (maximum 35 x 30 m)

Time : Changes every 3' - 4' ; 4,5,6,.. series

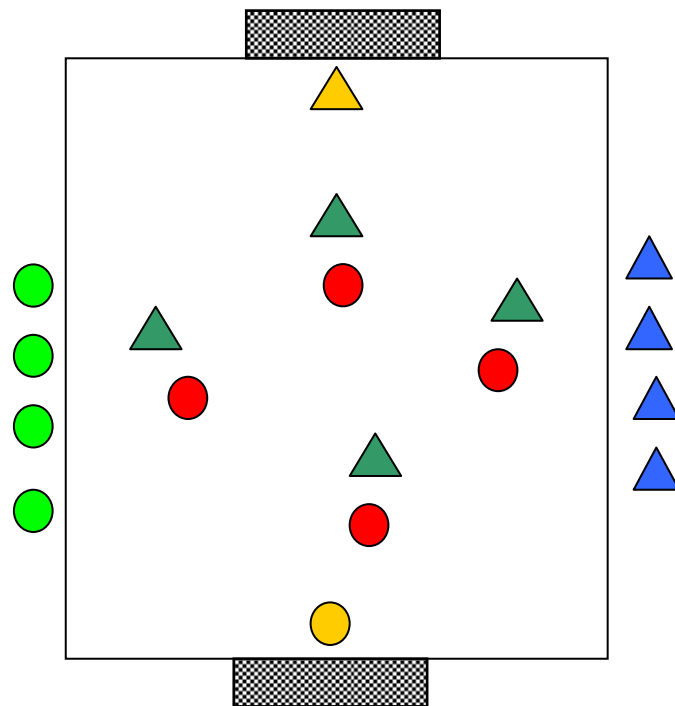
Rules :

- Free game, 2 touches
- The wings play with free touches
- The wing zone to play 1vs 1
- We can include some pivots (Wildcard player)

Objetives :

- Wings work for the 1 vs1
- Marking and “Desmarcaje”
- Area game :
 - Endings
 - Execution and reaction speed
 - anticipation,...

C. THE MATCHES. EXAMPLES.



4 TEAMS OF 4 PLAYERS

Space : 20 x 15 m (maximum 30 x 20 m)

Time : 25' – 30'

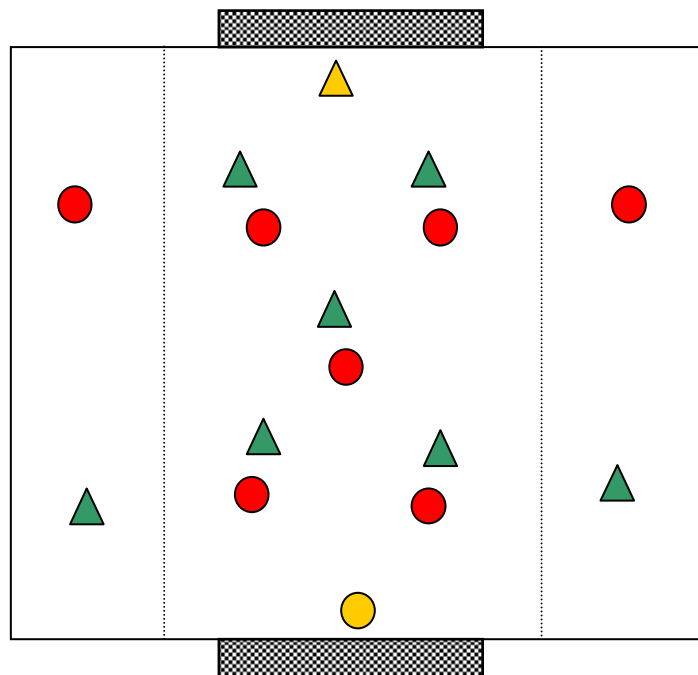
Rules :

- 2 teams play and the other 2 rest.
- Changes in each gol: the team that scores gol continues playing.
- Maintain the amplitude and profundity

Objetives :

- 1 vs 1 work.
- Marking and “Desmarcaje”
- Concentration (constant changes)
- Chip change attack-defense
- Area game :
 - Endings
 - Execution and reaction speed
 - anticipation,...

C. THE MATCHES. EXAMPLES.



8 vs 8 WITH WING ZONE

Space : 30-35x40 m + ending zone

Time : 8' - 10' from 2 to 4 series

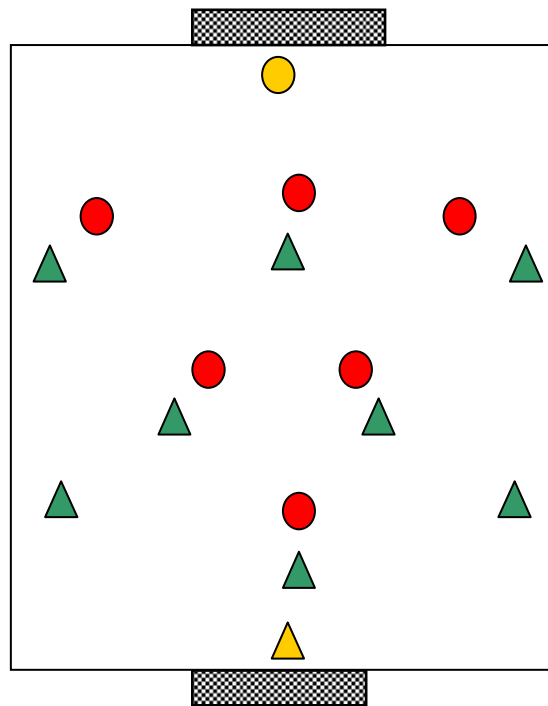
Rules :

- Free touches, 2-3 touches,..
- The wing players play with no oposition
- Maintain the amplitude and profundity

Objetives :

- Improvement of conduction and y centers of the wings.
- Head game (defenders and attackers)
- Marking and "Desmarcaje"
- Area game :
 - Endings
 - Execution and reaction speed
 - anticipation,...

C. THE MATCHES. EXAMPLES.



WITH SUPERIORITY
(9 vs 7 , 11 vs 9)

Spaces : 50-40 m (until 80 x 60 m)

Time: 8' - 10' from 3 to 4 series

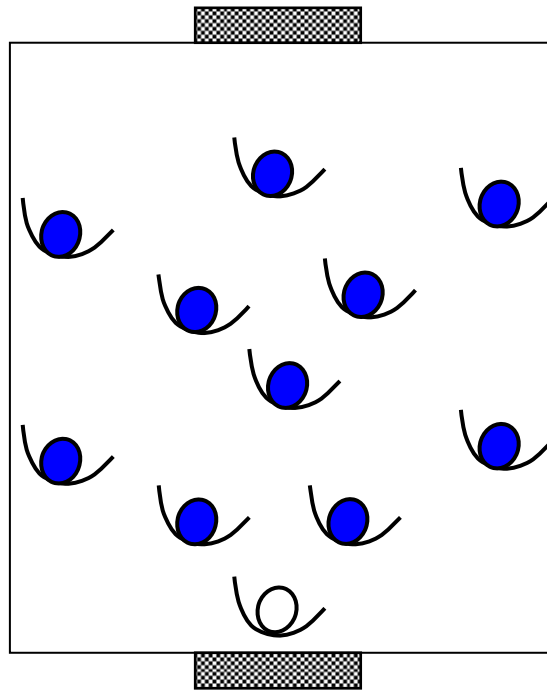
Rules :

- Real game
- If the action finishes with a goal or outside the pitch, the game starts again with the ball in possession of the attacking team.

Objetives:

- Offensive work of game system (1-4-3-3)
(amplitude and profundity, ball speed, triangulations, orientation changes, 1vs1 y 2vs1)
- Pressure work of the team with superiority when loses the ball.

C. THE MATCHES. EXAMPLES.



SYSTEM WORK

1 - 4 - 3 - 3

Offensive and defensive system concepts

- Without opposition
- Passive opposition
- Active opposition (real game)

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