Tino Blanco 3r ESO C Physical education.

Exercise of football: a ‘’Rondo’’.

A ‘’rondo’’ is an exercise of training and it consists in that several players put in circle and in way a player puts, and those of the circle are passing the ball and that of the center cannot steal it, if it her steals that of the center happens to play with those of the circle and that of the circle goes on to the way.

Material:

Clothes of sport and ball

Strategies:

That of the way has to be rapid and not to be continuing to the ball, to touch the ball when you are sure.

And that this one in the circle, to be rapid.