



3V3+1 RONDO

Ball Control: Passing and Receiving

Positioning: Offensive & Defensive Spacing

COACHING GOALS

During this drill, my team will:

- Learn how to maintain possession as a team in tight spaces.
- Learn how to make quick passing decisions while developing spatial awareness.

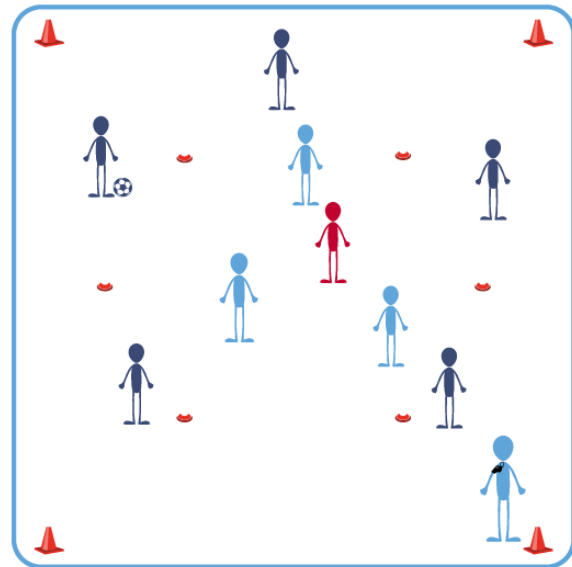
EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per group of 7
- 6 to 8 low profile cones per group

Set-Up:

- Create a circle with a diameter of about 15 to 20 yards.
- Create groups of 7 players with 3 players on offense and 3 on defense. A 'joker' is added inside the circle as all time offense.
- Send each group to a circle with offense along the perimeter of the circle and defense inside.



HOW TO PLAY

1. It's time for a 3V3+1 Rondo. The object of the game is for the offense to maintain possession of the ball for 10 passes, while the defenders attempt to take possession. There is now an equal number of offense vs defense with an extra offensive player in the center of the circle.
2. On the signal, begin passing. If the defense steals the ball, offense and defense switch places. However, the joker stays on offense inside the circle.
3. If the offense makes 10 consecutive passes, offense and defense also switch. We'll change jokers every 3 to 4 minutes.
4. Freeze on the whistle.
5. ADD CHALLENGES:
 - Add a 1- or 2-touch rule. Decrease the size of the circle.

FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: How can the joker create open space in the center of the circle?
- Q2: Why is it important to create constant movement on offense?