



3 Team Rondo

Category: Technical: Passing & Receiving
Difficulty: Difficult

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Description

3 Team Rondo

Mark out a grid with three zones to it (usually middle zone can be bigger or smaller than outside zones depending on purpose of activity)

Divide your players into three teams.

Balls start with coach on outside of middle zone.

A ball will be played in to an outside zone.

The team receiving the ball must make a number of passes (3,5,7) before they attempt to play the ball over to the opposite side without the team in the middle zone touching it.

If they succeed then they get a point. First to seven points wins the game.

The team in the middle zone defends and tries to win the ball. If they win a ball then they get to transition out of the middle zone to the outside zone of the team that gave away the ball.

The team giving the ball away quickly moves to the middle zone and sends a defender to the opposite zone and the game keeps playing, with a new ball being played in.

Progression Ideas:

- Add an extra defender
- Limit the touches players take
- Resize the zones
- Allow a player to enter the middle zone from the attacking team and play through them.

Coaching Points:

- Movement off the ball once possession has been gained
- Utilize space and triangulate to create passing options
- Transition, pressure the ball immediately after losing it, using players closest to the situation.
- Transition, expand and provide immediate options once possession has been obtained

