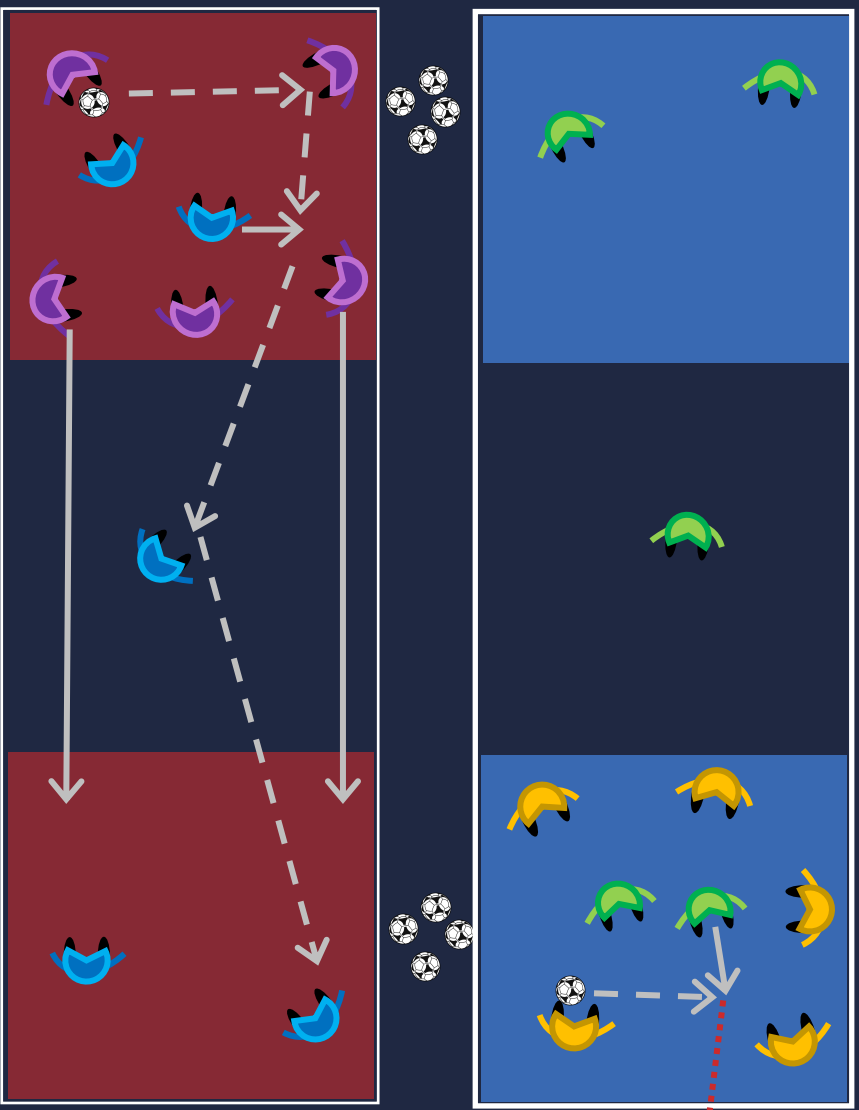




Play 4min' Rest 1min' x 4

Learn to Train: Transitional Rondos



Organization:

- 10 x 10 yard areas (increase or decrease depending on numbers or ability)
- Possession rondo with transition moment when defenders win possession
- 5v2 in the endzones + 3 supporting players for the defending team.
- If the 2 defenders win possession they can play their supporting teammates (left diagram) or dribble out of the box to regain possession (right diagram)
- Left diagram: If possession is transferred to the other area 2 defenders (purple) enter and try to win possession back. Blue team makes a 5v2 and the game continues.
- Right diagram: If the defender (green) dribbles out of the box, the green win possession back and play from their area in a 5v2. 2 orange defenders try to win possession back.

Scoring:

- Team in possession (purple or orange) completes 5 passes = 1 point
- Team out of possession (blue or green) dribble out of the box = 1 point
- Team out of possession (blue or green) pass to supporting teammates = 3 points

Modifications:

- 5v1 in end areas (easier). 2nd defender enters after 10 passes
- If player in middle box receives with a closed body shape, they have 1 touch and supporting teammates must appear to play to the awaiting 2 teammates (harder)

Competencies:

- Moves on angles to see as much of the field as possible
- Body shape to assist in decision-making
- "Find the free player"

