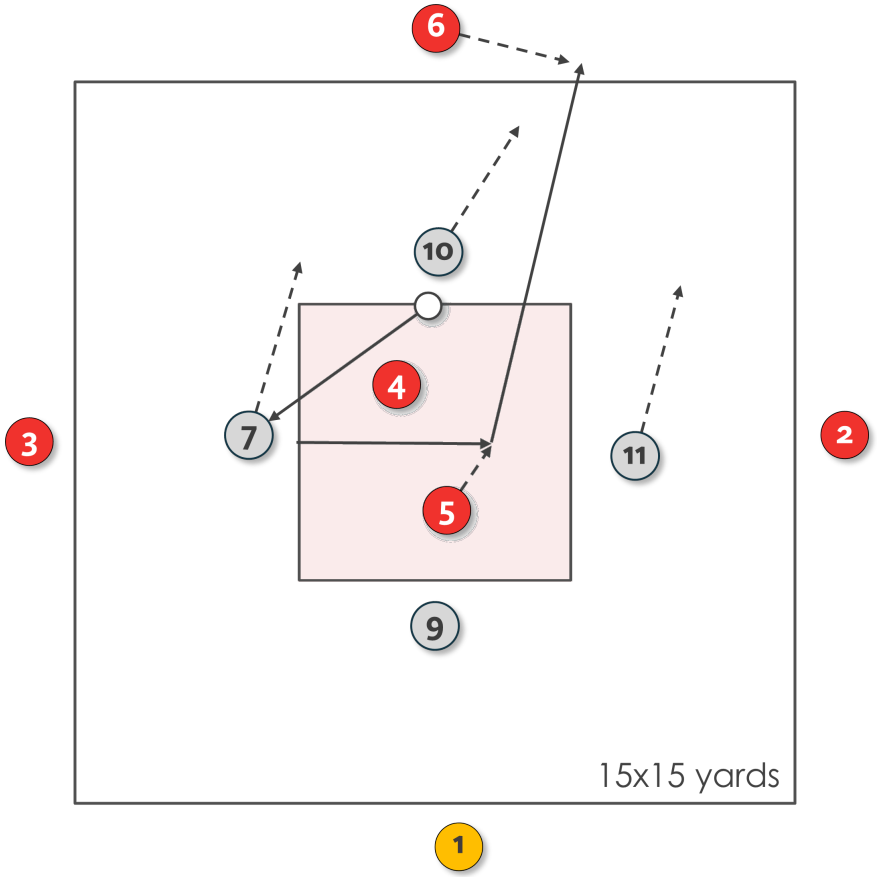
TRANSITION TO ATTACK · DEFENSIVE THIRD · EXERCISE TA1S3E2

4V2 TO 6V4 RONDO

Session 3: Playing Out of Pressure



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
15x15 yds	4v2 → 6v4	4	4 min	1 min	20 min

SETUP

Game starts with a 4v2 in a 5x5 yard space. When the focus team wins the ball, they look to find one of their 4 teammates outside the outer 15x15 yard space. If they are successful, the game now becomes a 6v4 in the entire space.

FOCUS TEAM'S OBJECTIVE

Win the ball then immediately look to find a teammate outside the grid. Focus on the supporting angles of the teammates and the weight and angle of the exit pass to leave the space.

WHAT OPPONENT FOCUSES ON

Move the ball quickly and score a point for every 4 passes they complete. If the focus team can play the ball to their teammates, look to win the ball, and play back to the small box inside the space.

KEY COACHING POINTS

- Speed of play.
- Timing and angle of press.
- Completing the first pass when the ball is won.

POSSIBLE VARIATIONS

Can make both grids larger.

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