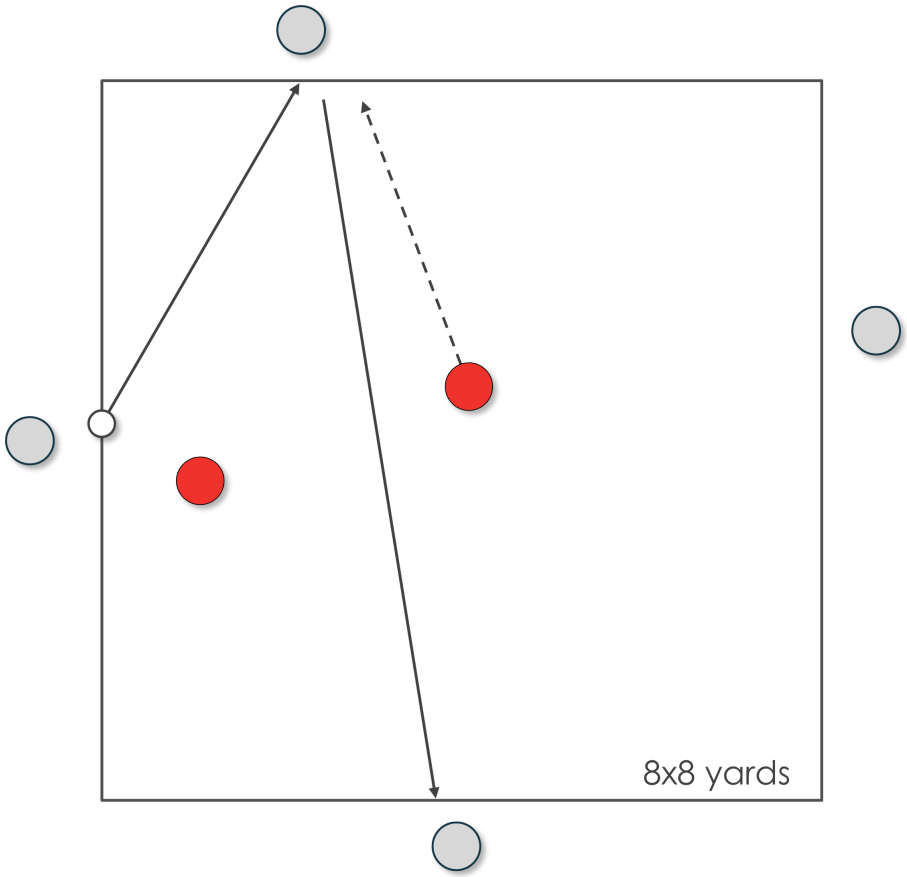
DEFENDING · DEFENSIVE THIRD · EXERCISE D1S3E1

4V2 RONDO WITH SPLITS

Session 3: Staying Compact to Force Play Wide



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
8x8 yds	4v2	6	2 min	1 min	18 min

SETUP

The team plays 4v2 in the 8x8 box. Every time the attacking team splits the 2 defenders, they must stay in again. When the defenders win the ball, they switch with 2 attacking players (the one who lost the ball and the player who passed it to them).

FOCUS TEAM'S OBJECTIVE

Shifting quickly to stay compact and change their defensive angles so they don't allow a gap for the attacking team to split.

WHAT OPPONENT FOCUSES ON

Move the ball quickly and find opportunities to split the defending pair.

KEY COACHING POINTS

- Communicating to each other.
- Shifting quickly.
- Getting pressure on the ball.

POSSIBLE VARIATIONS

Can add an attacker and defender to the grid for a 5v3.

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