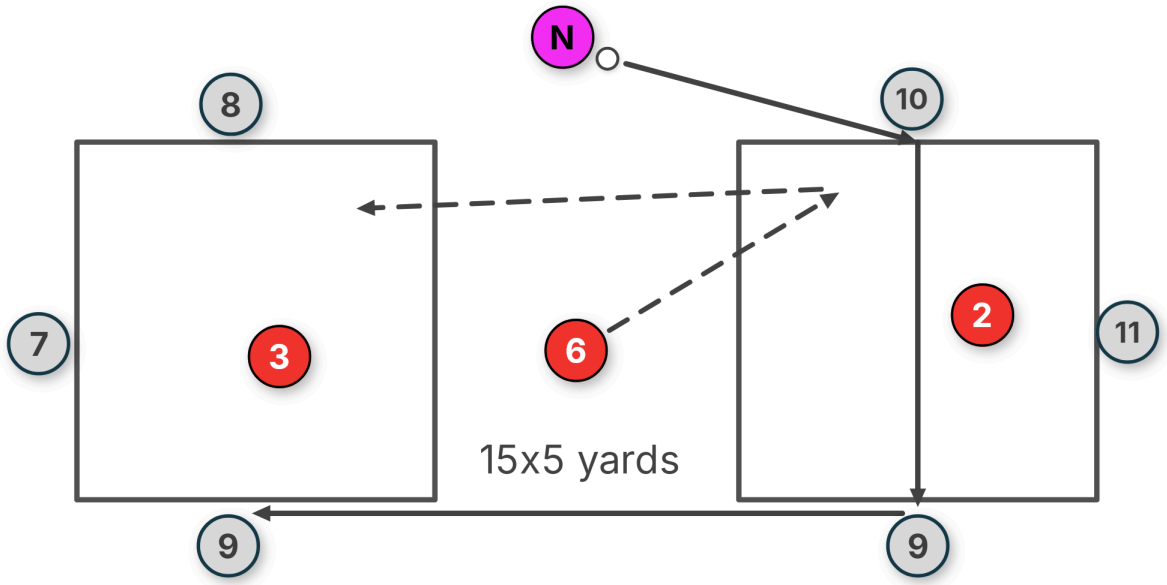
DEFENDING · MIDDLE THIRD · EXERCISE 1

3V1 TO 3V2 RONDO

Session: Using a Midfielder to Defend Wide Overloads



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
15x5 yds	3v1 / 3v2	5	3 min	1 min	20 min

SETUP

Teams play a 3v1 rondo on each side with a neutral to switch play. When the ball enters a wide box, the free 6 can join to make it a 3v2.

FOCUS TEAM'S OBJECTIVE

Focus on shifting quickly to help defend in the wide areas. When they win the ball, they carry out of the space to get a point.

WHAT OPPONENT FOCUSES ON

Focus on shifting the ball quickly between the grids, scoring a point after every 5 passes they complete.

KEY COACHING POINTS

- Speed of play.
- Shifting quickly.
- Communication.

POSSIBLE VARIATIONS

Can put the boxes side by side if it is too far to shift.

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