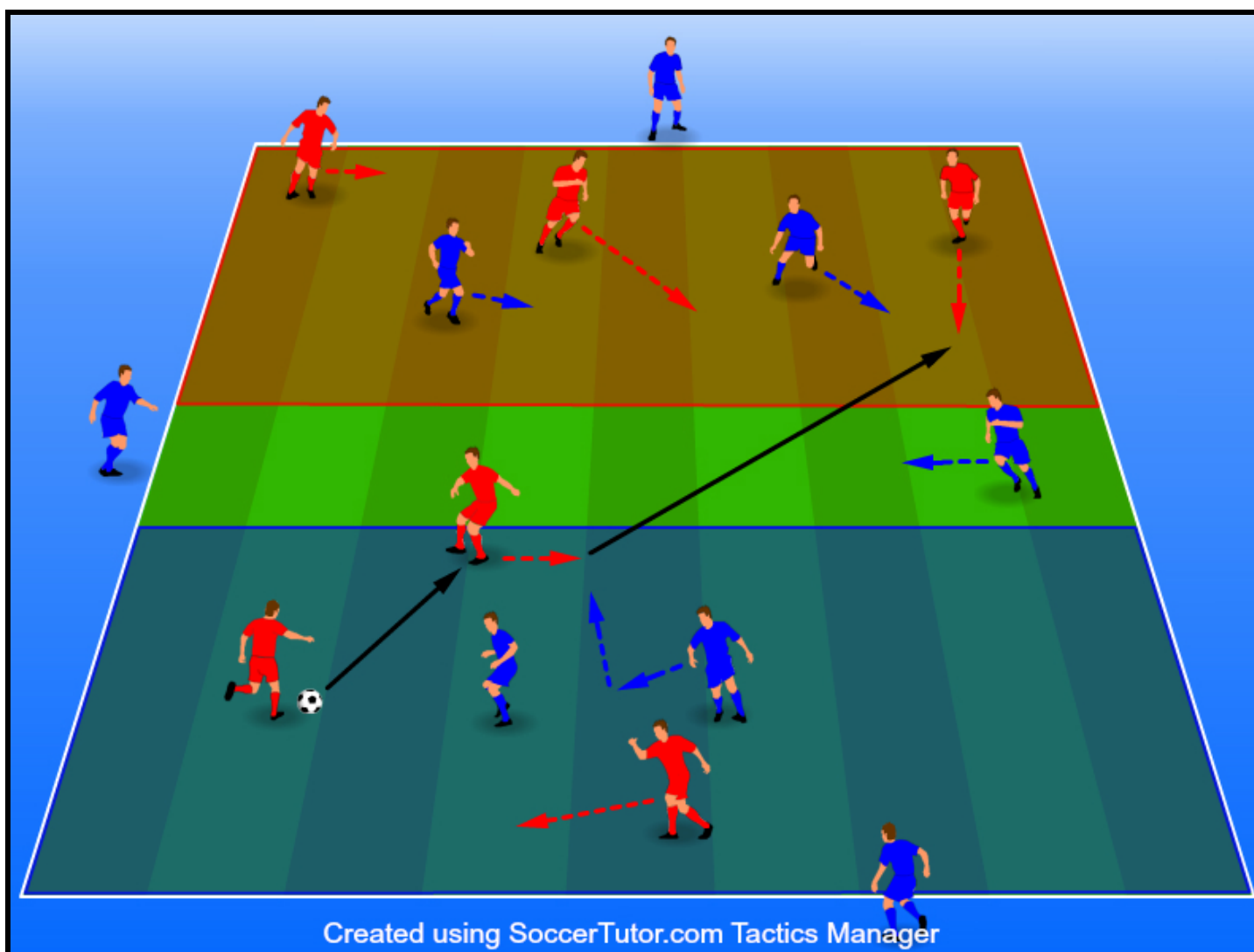


3 v 2 to 8 v 6 Rondo

Large Sided

Possession, Transition



Procedure:

The teams play 3 v 2 in the two end zones with four players stationed outside of the two zones. The three attackers inside the zone look to maintain possession and switch the ball over to the other end zone after five passes. Outside players can screen and intercept passes in between the zones. When the attacking team loses the ball, all of the players can use the entire field, creating an 8 v 6. When the attacking team loses the ball in the 8 v 6, the players re-form the 3 v 2's.

Coaching Points:

- 1 Speed of Play – Play in a one and two touch rhythm. Choose the pass over the dribble.
- 2 Transition – Anticipate any changes of possession and beat your opponent to the correct spot.
- 3 Re-Possession – Immediately after a turnover, commit numbers to winning the ball back.

Progressions/Regressions:

Progression 1 – Add four small goals along the sidelines, play east → west across the field.