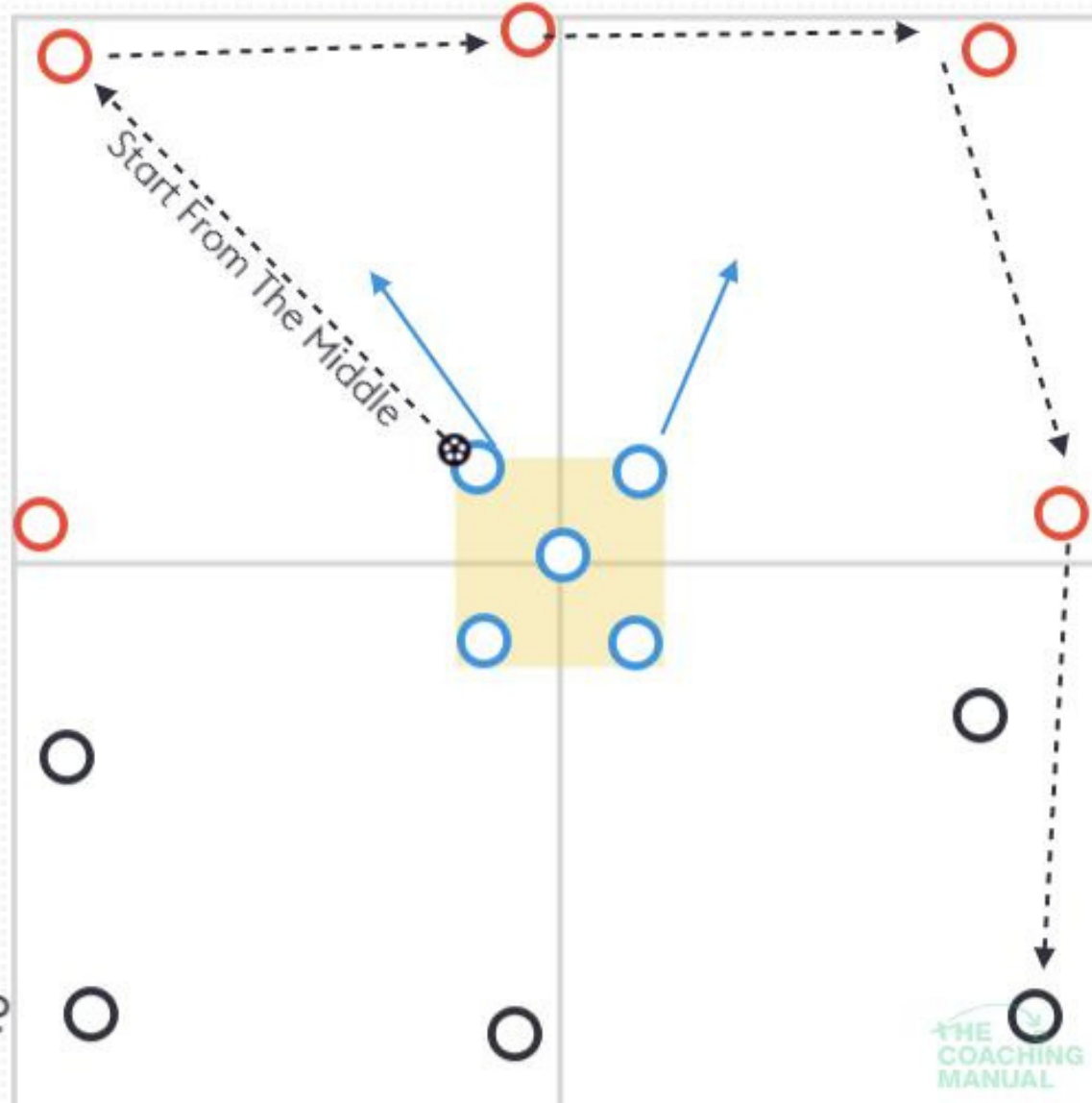


3 TEAM RONDO

ATTACKERS TASK

Attacking Team

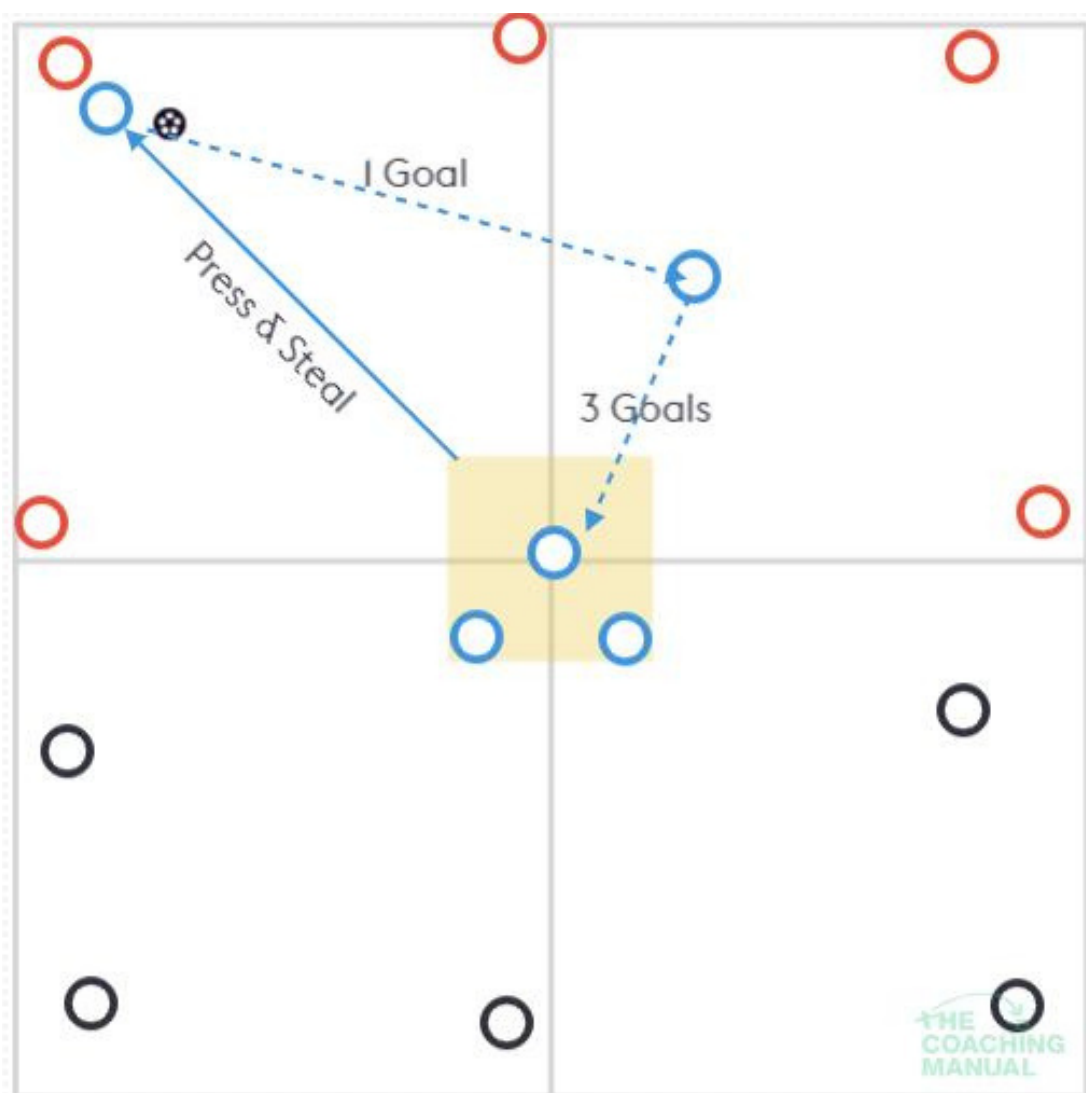
- Receive from Defending Team to start
- Must play 3 passes before they can Switch
- Every successful switch = 1 goal
- How long can both teams keep the ball?



Defending Team

- 2 Defenders per half
- Defenders can only enter half with ball in it
- Can they win the ball?
- 1 pass between each other = 1 goal
- Pass into starting box = 3 goals

DEFENDERS TASK



TECHNICAL

Dribbling
Running With
Twisting The Ball
Teasing
Tackling
Shooting

TACTICAL

Dribble/Protect?
Dribble/Shoot
Take On/Or Turn Away?
Dribble/Run With The Ball
Pass/Shoot?
Dribble/Shoot?

PHYSICAL

Walking
Jogging
Pushing

Sprinting

Kicking

Shielding

PSYCH/SOCIAL

Fail & Try Again
How are your friends playing?
Don't Give Up

Teamwork

Experiment

Deal With

Pressure

Next Game

How To Play:

- 3 Teams - 2 Attacking teams split in 1 half each - 1 defending team starts centrally
- Defenders start by playing in 1 attacking team
- The attacking team aims to combine three passes before switching to the other team for a goal
- How long can they keep the ball? How many goals can they score?
- Defenders look to steal the ball and combine. Combine once = 1 goal
 - If defenders can get the ball back to the start = 3 goals

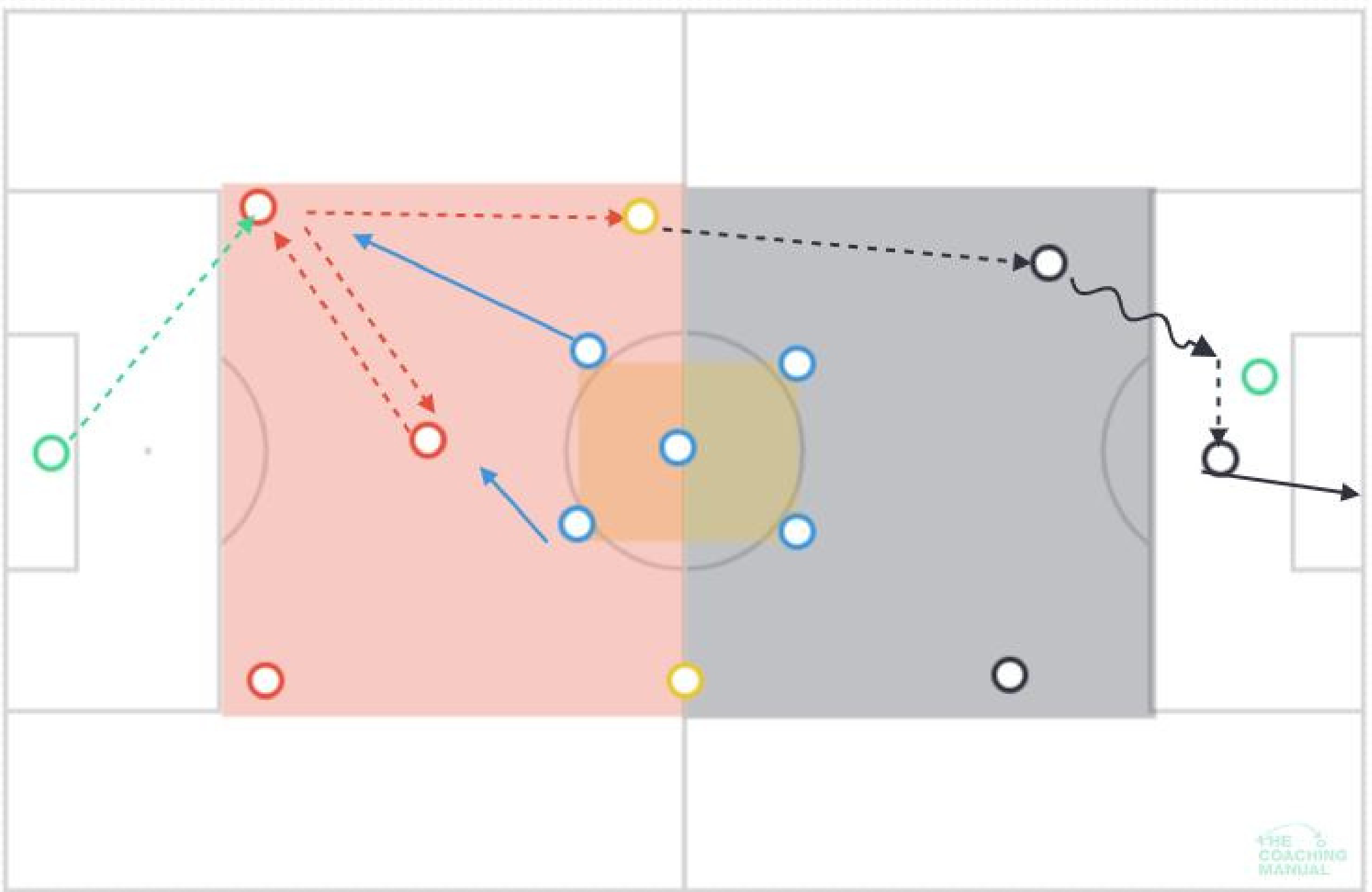
Progressions and Adaptations

- Increase the number of passes for the attacking team before they can switch the ball to the other team
- Increase the number of defenders

3 TEAM RONDO (CONTINUED)

ADD GOALKEEPERS (GREEN)

2 PLAYERS PLAY FOR BOTH ATTACKING TEAMS (YELLOW)



DEFENDERS COMBINE = 1

DEFENDERS PLAY INTO TEAM = 3 GOALS

DEFENDERS CAN WIN THE BALL AND SCORE = 5 GOALS

