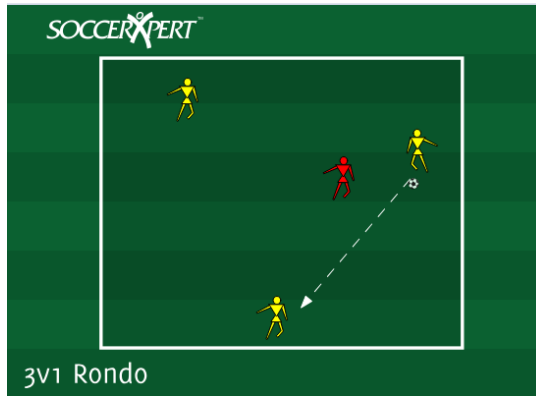


3v1 Rondo



Drill Quick Glance

Age: 9+	Field: 5X5
Players: 4+	Time: 10 MINS.
Difficulty: EASY	Focus: POSSESSION
Keeper: NO	Type: TEAM
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Objective:

This drill builds the foundation of possession soccer by teaching players how to keep the ball in tight spaces. Players learn to create good angles of support, move intelligently without the ball, and position their bodies correctly when receiving. The small grid forces quick decisions and sharp passing. Attackers practice opening their hips to see the whole field and using their back foot to receive passes smoothly. The drill teaches deception through body feints and eye contact that mislead the defender. Players develop the speed and accuracy needed to move the ball before pressure arrives. The consequence of becoming the defender when you make a mistake keeps everyone focused and accountable. This simple but effective drill appears in training sessions from youth levels all the way up to professional teams.

Setup

- Create a 5x5 yard grid with cones
- Assign four players to each grid
- Designate one player as the starting defender
- The other three players position themselves around the grid as attackers
- Each grid needs one ball to start
- Set up multiple grids if you have more than four players to maximize touches

Instructions

1. The three attacking players start with possession and work to keep the ball away from the defender
2. All attacking players are limited to two touches maximum
3. Players pass and move constantly to create passing angles
4. The defender pressures the ball and works to win possession or force the ball out of bounds
5. If the defender wins the ball, the player who lost it becomes the new defender
6. If an attacker passes the ball out of bounds, that player becomes the defender
7. Play continues with the new defender immediately pressing
8. Keep the tempo high with quick restarts after each turnover
9. Rotate through multiple rounds so everyone experiences defending

Coaching Points

- Attackers should form a triangle shape around the defender to create the best passing angles
- Movement without the ball is just as important as the pass itself
- Players need to open their body when receiving so they can see both the ball and their next passing option
- Use the back foot to receive passes when possible because it opens up more of the field
- Look at one teammate but pass to another to deceive the defender
- Passes should be firm and accurate to feet, not soft or behind the receiver
- The first touch should set up the second touch, not just stop the ball
- Players should constantly adjust their distance from each other based on where the defender is
- Quick feet and body feints help sell a fake pass or movement
- The defender should pressure intelligently and try to force passes into predictable areas
- Communication helps but keep it simple and quick

Variations

- Shrink the grid to 4x4 yards for advanced players to increase difficulty
- Expand to 10x10 yards for beginners who need more time and space
- Limit players to one touch to speed up play dramatically
- Allow unlimited touches for younger players still learning the pattern
- Add a second defender to make it 3v2 and increase pressure
- Award points for completing a certain number of consecutive passes
- Require the ball to go through all three attackers before counting toward a pass total
- Make attackers use only their weak foot
- Allow the defender to win by forcing five turnovers, then rotate to a new defender
- Create a rule where players must move after every pass they make