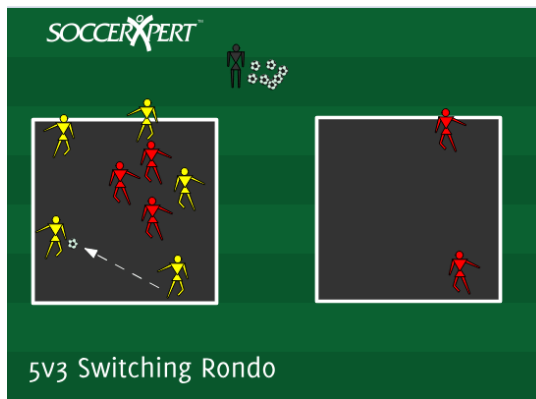




Drill Quick Glance

Age: 9+	Field: 12x24
Players: 10	Time: 20 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: TEAM
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

5v3 Switching Rondo

Objective:

This drill trains players to recognize when possession is lost and react instantly by switching fields of play. The attacking team learns to keep the ball under pressure in tight spaces while the defending team works on winning possession and immediately playing forward. The switching element teaches players to read the game and anticipate transitions. Players must communicate who stays and who goes when the switch happens, building decision making skills under pressure. The numerical advantage for attackers creates confidence in possession while defenders learn to press intelligently when outnumbered. Moving between grids forces players to stay mentally engaged even when they're not directly involved in the current action. This back and forth rhythm mirrors real games where play shifts from one area of the field to another.

Setup

- Set up two 12x12 yard grids using cones with about 5 yards of space between them
- Divide players into two teams of five, each wearing different colored jerseys
- In the first grid, place five players from one team and three players from the opposing team
- Position the remaining two players from the defending team in the second grid
- Keep extra balls near the coach to maintain flow when balls go out of play

Instructions

1. Start play with a 5v3 rondo in the first grid where five attackers work to maintain possession
2. The three defenders press and try to win the ball
3. When the three defenders win possession, they immediately switch play by passing to their two teammates waiting in the other grid
4. As the ball travels to the second grid, three players from the original attacking team sprint to the second grid to defend
5. The two players who were waiting now have three teammates join them to create a new 5v3 situation
6. The two remaining players from the original attacking team stay in the first grid and wait
7. Play continues with possession switching between grids each time the defending team wins the ball
8. Rotate which three players transition to the other grid so everyone experiences different roles
9. Keep the pace high and competitive throughout the drill

Coaching Points

- The switch pass must be accurate and weighted properly to reach teammates in the other grid
- Three players need to decide quickly who transitions to defend in the other grid
- Players waiting in the empty grid should position themselves to receive the switch pass at good angles
- Attackers in possession need constant movement to create passing options in tight space
- First touch is critical in the small grid to keep the ball away from defenders
- Defenders should press together and cut off passing lanes rather than chasing individually
- Communication is huge during transitions so players know who's going and who's staying
- Players transitioning to defend must sprint to apply pressure immediately in the new grid
- The two waiting players should scan and anticipate when the switch might happen
- Body shape when receiving matters to see multiple passing options and avoid pressure
- Players staying behind should be ready in case the switch pass gets intercepted

Variations

- Increase grid size to 15x15 yards to make possession easier for developing players
- Shrink grids to 10x10 yards to increase difficulty and speed up decision making
- Limit all players to two touches to force quicker passing
- Require one-touch passing only for an advanced challenge
- Award points for completing a set number of passes before switching grids
- Add a rule where the switch pass must be played in the air
- Create a time challenge where teams see how many successful switches they can complete in two minutes
- Require a specific player type to make the switch pass, like only the player who won the ball
- Add small goals in each grid that the defending team can score on after winning possession
- Make four players transition instead of three to increase the defensive challenge
- Place a neutral player between the grids who must touch every switch pass

