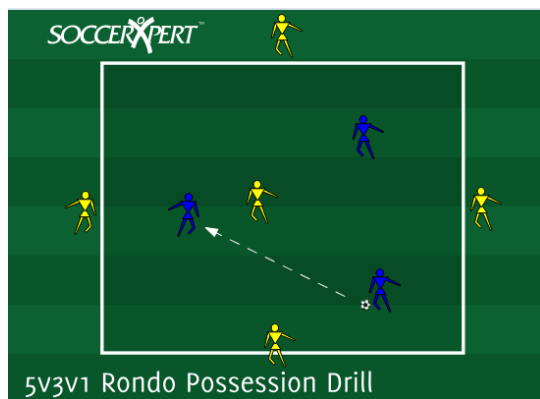




Drill Quick Glance

Age: 10+	Field: 20X20
Players: 8+	Time: 20 mins.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: TEAM
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

5v3v1 Rondo Possession Drill

Objective:

This drill sharpens possession skills while teaching players to quickly switch between attacking and defending roles. Players learn to recognize when they win or lose the ball and immediately adjust their positioning and mindset. The team of three works on keeping possession against one defender, then must quickly transition to defense when they lose it. The single player learns to pressure and transition to attack when winning the ball. Outside players develop awareness of when to support and how to maintain possession in tight spaces. This constant switching builds mental quickness and helps players stay focused during the transitions that occur in real games.

Setup

- Mark out a 20x20 yard grid with cones
- Divide players into two teams of five and one team of three, each wearing different colored jerseys
- From the team of five, position four players around the outside of the grid and one player inside
- Place all three players from the team of three inside the grid
- Have extra balls nearby to keep the drill moving
- For teams with 16 or more players, set up two separate grids running simultaneously

Instructions

1. Start with the team of three keeping possession against the single defender in a 3v1 rondo inside the grid
2. The three attackers pass and move to maintain possession while the lone defender pressures
3. When the single defender wins the ball, they immediately pass to any outside player
4. Once the ball reaches an outside player, the game becomes a 5v3 rondo with four outside players and one inside player keeping possession
5. The team of three now defends and tries to win the ball back
6. As the single player passes to the outside, they switch roles with one of the three defenders who becomes the new single attacker
7. The four outside players stay outside and work the ball around the perimeter while using the inside player
8. If the team of three wins possession back, play immediately switches to a 3v1 rondo again inside the grid
9. Continue this back and forth pattern as possession changes hands
10. Keep score by awarding points for completing a set number of consecutive passes

Coaching Points

- The transition moment is critical - players must switch their mindset from attack to defense instantly
- Inside attackers should constantly move to create passing angles and triangles of support
- The single defender needs to be smart about pressure - cut off one passing lane to force a predictable pass
- Outside players must stay alert and ready to receive even though they're not currently in the action
- Body shape matters when receiving - open up to see multiple passing options
- Quick one or two touch passing keeps the ball moving and makes defending harder
- Defenders should work together to press and cover passing lanes as a unit
- Communication is huge - call for the ball and let teammates know when pressure is coming
- Players switching roles need to move quickly into their new position
- The pace should stay high - this isn't a walking drill

Variations

- Shrink the grid to 15x15 yards for advanced players to increase pressure and speed
- Expand the grid to 25x25 yards for beginners who need more time and space
- Limit all players to two touches to speed up play
- Require one-touch passing for outside players only
- Award bonus points for switching the ball from one side of the grid to the other
- For teams of 14, play 7v7 with four outside, three inside as defenders, and seven inside attacking
- Add a rule where the ball must go through the middle player before counting toward the pass total
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Create a time limit where teams see how many passes they can complete in 90 seconds

- Make outside players move along their side rather than staying in corners
- Remove the switching rule and keep the same single player for 60 seconds before rotating