

Description

Focus on finding split passes using patient possession to move the defense around.

When these activities are finished, use the remaining time to play 1 large game or 2 simultaneous smaller games with no restrictions.

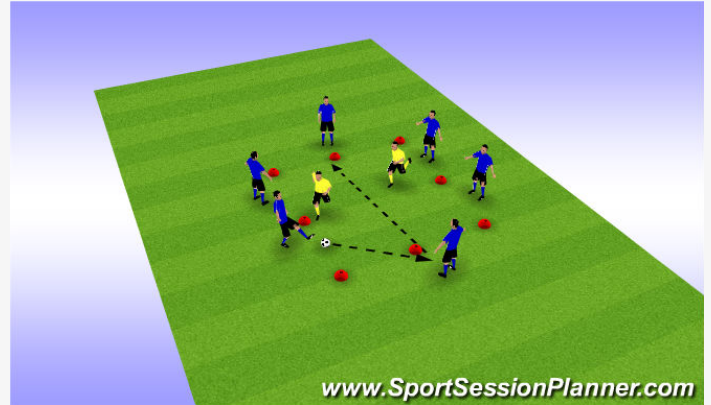
Rondo Split (15 mins)

Setup: Setup a square box 10 yards by 10 yards with cones. If you are creating two squares, don't let them share a side, put a buffer between the areas.

Object: Create a 5v2 or larger, up to 8v2. The players on the outside keep the ball away from the 2 on the inside. Try not to limit touches. The object of the game, is for the people on the outside to pass the ball between the two defenders. We call this a split pass. Verbally count their splits to keep score.

Timing: Keep pairs inside for 2 minutes, then switch the defenders.

Coaching: Keep the possession patient and keep the ball moving. Do not force the split, but take it quickly when it appears. Being able to find that moment is a major skill.



3 Zone Split (30 mins)

Setup: Create a rectangular field. I like each of the 3 areas to be 10 yards deep and 15-20 yards wide. Don't make this too big. Get 3 teams of 3-4 players (using 3's really pushes the idea of triangular passing).

Object: One team (white) begins as the defensive team in the central area. The other two teams take up the outer two zones. Play begins with one team passing the ball amongst themselves, when a predetermined number of passes has occurred, the ball may be played THROUGH the central zone to the blue zone who repeat the process. White may send ONE player into the zone with the ball to pressure it and hopefully win it back. The team with the ball should reach their target number and then keep the ball until the area between the white team opens and they can split them with the ball. If white wins the ball from yellow, white or the coach plays a ball to blue. White then takes up the far zone and yellow becomes the defensive team.

Timing: 12-15 minute reps, repeat twice.

Coaching: As before, patience. Find the opening but don't force it. The ball must be played below the waist, no chipping the defense.

