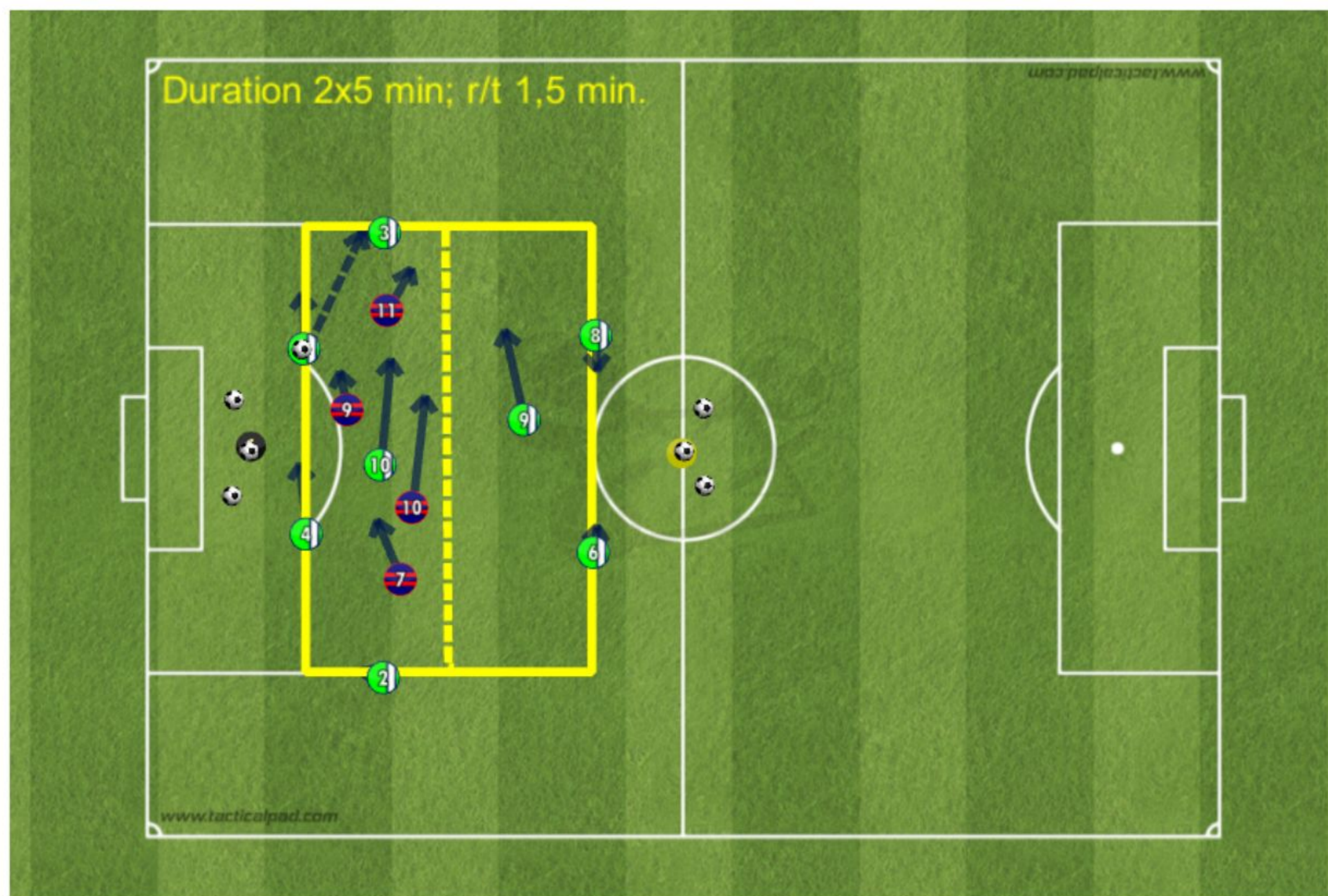


# 5+3VS4 POSSESSION RONDO



Set up: Pitch 45x30m; balls, cones ...

Organization: Players play 5+3vs4 possession rondo game on the playing area 45x25m. divided on two equal transverse halves. Possession team (green players) aim is to keep possession as much as possible with sub aim to try to play pass to player in other half ( nr.9 & nr.10) and continue possession play on other halves with players on the line ( nr.8&nr6 ) and side players nr2 and nr.3. Opposite players (blue/red team) aim is to prevent passing to player on the orher side and to get the ball and play possession in order to 4vs2 game into the playing area 1st. 10 second, 4vs3 2nd. 10 second ... till the green team get the ball and create again 5vs3 game.

Coaching points: To improve moving attackers and central midfielders to prevent passing in the depth

To improve cooperation between the last lineplayers and  
midfield players

To improve sector play