

# 5v3 Directional Rondo

**Objective** – High press and play the free man

GameFocusResetProgression

1. 1/8th of a pitch
2. The Defenders (5) start from the baseline with the ball
3. Their requirement is to get it over the 25 THEN turn back and look to score.
4. If the 3 touch the ball the game stops, the team's switch over and reset.
5. If the "touch" happens too often then change to "win"
6. 3 min games

1. Play spare players
2. Possession
3. Simple hockey

Switch sides and the 2 subs come on

1. Timed games
2. 5 balls each
3. Reduce or increase space

