

Possession Rondo – Move The Ball To Move The Player

GameFocusResetProgression

1. 3 teams of 3
2. Red & green on same team with a possession team player in the box with the defending team (blues in this instance)
3. If the ball is intercepted by the blue then they pass out to a team colour
4. The opposite team then becomes defending team

1. Speed
2. Stick to stick
3. First touch next action

Coach passes ball in

- Play through floating man gives you a point
- 1 touch
- No of balls vs no of passes

