

# Triangle Rondo

**Objective** – Developing on ball skills in a fun environment

## **Game Focus Reset Progression**

1. 1/8th of a pitch (depending on numbers)
2. 6 Attackers and 2 Defenders (you can vary numbers)
3. 6 cone triangles – make them big for smaller kids and reduce size as skills develop
4. Score by taking the ball into a triangle – use the time in the triangle to decide where you are going next
5. Play is in 2 min periods – at the end of each period start counting down from 5-0 to increase desperation

## **Attackers**

1. Feints
2. Quick movements
3. Change of speed
4. Change of direction

## **Defenders**

1. Pressure on the ball
2. Double teaming
3. Force them into another player

1. Start again with new defenders after 2 minutes

1. Increase/Reduce size of box to add ease or difficulty
2. Last man standing

@CoachesVoice



6 triangle dribbling - with defenders

