

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

