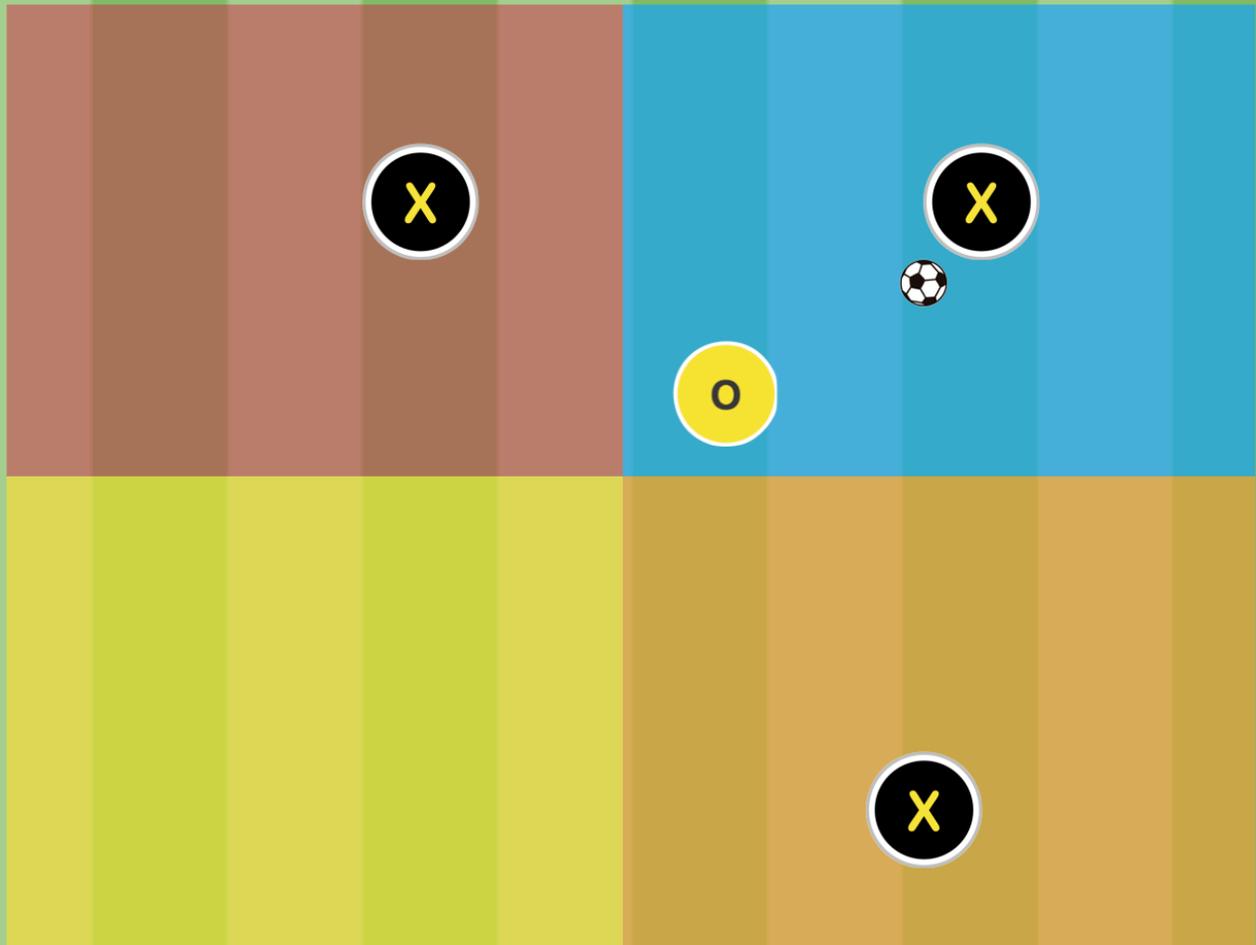


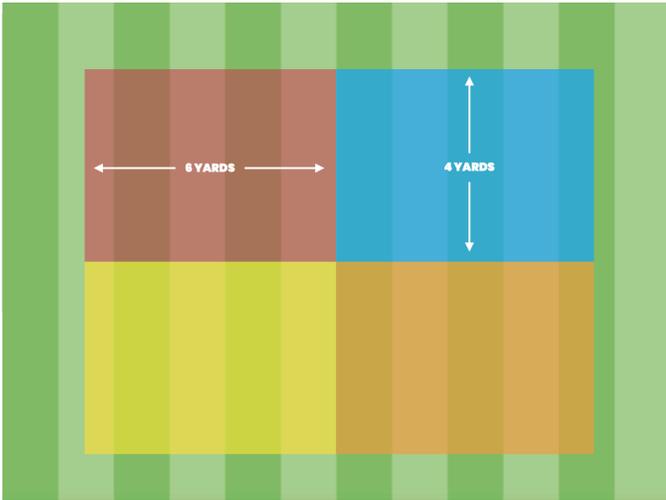
# 3v1 FOUR ZONE RONDO



## 3v1 FOUR ZONE RONDO

This is a progression from the 3v1 Square Rondo which has one open side of the square. In this version instead of players playing on the sides of a square they now have a larger area to work in, the concept remains the same, find the right space to support your team mate.

## SET UP



Set up a playing grid made up of four 6x4 yard rectangles. Adjust the size of your playing grid based on ability of your players and how far they are able to effectively pass the ball.

Make your zones and grids smaller to make the activity more challenging for the attackers, make grid bigger to help the attackers and give them more space.

## ACTIVITY

Start by placing 3 players in three different zones they must keep the ball away from the defender. There will be one zone that is always empty. Any of the 3 players can move into the open zone.

The 3 players trying to keep the ball away from the defender must be in different zones they can't have two players in the same zone at anytime.

## COACHING POINTS

Show the three players how they are always involved in this activity and should be doing one of three things at all times:

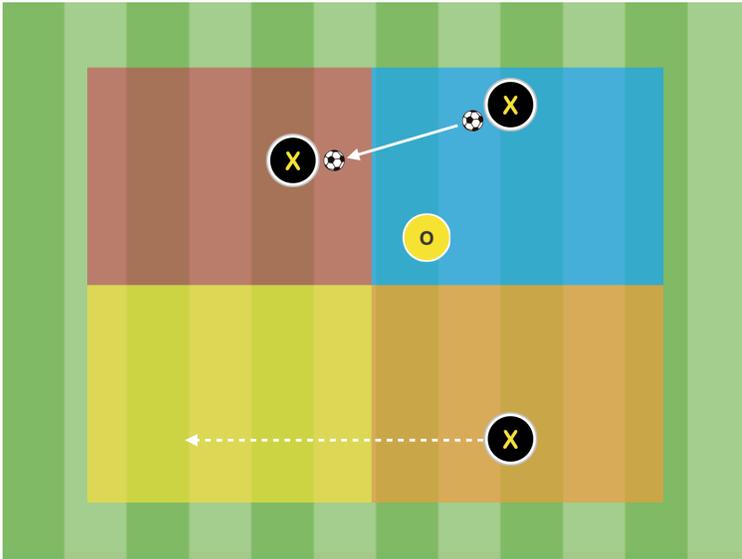
1. Passing the ball
2. Getting ready to receive the ball
3. Moving to the open zone to support the player with the ball

Q. Can you see your team mates feet?

A. If you can't easily see your team mates feet because the defender is blocking your view then you should move as you are not open.

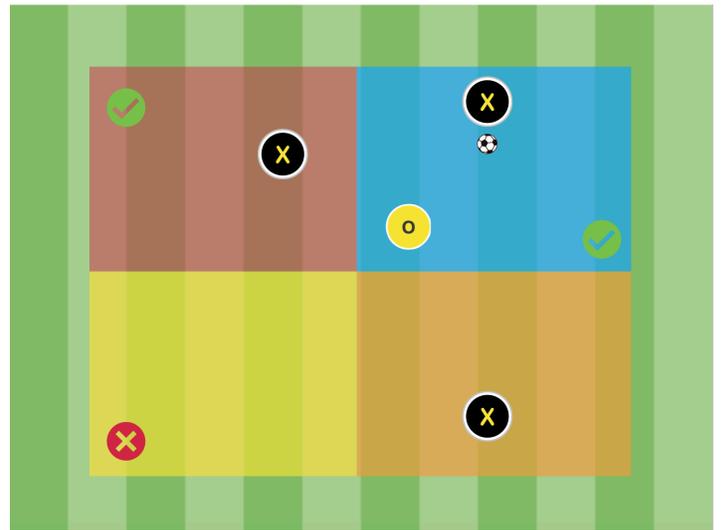
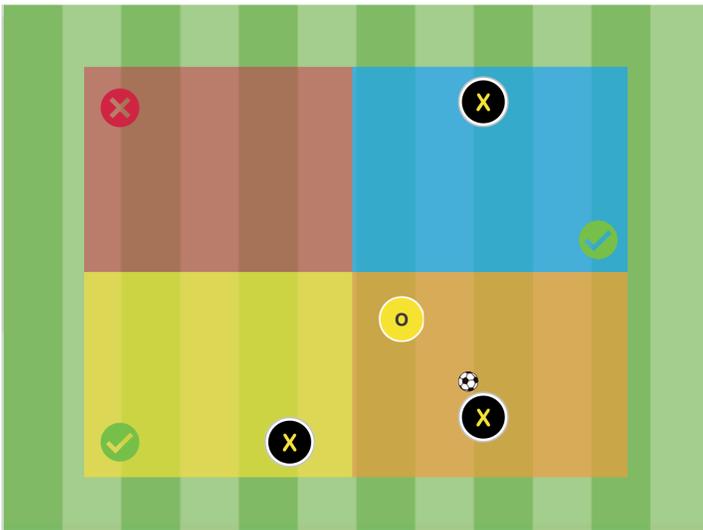
Q. When should you move to a new square?

A. As soon as the ball is passed if you are not the player receiving the ball



In this example here the player in the orange square identifies that the ball is being passed to the other open player on his team and she immediately starts to move to the other open square to provide better support to the player who is receiving the ball. The quicker players can react and move the better. To start you will see the player what until their team mate has received the ball then they will move giving the defender more time to get close to the ball

To explain who should be moving to the open zone you can either show them how we always want a player in each of the zones adjacent to the player with the ball, as you can see in the diagrams below. One way is to tell the players we do not want a player in the zone that is diagonally across from the player with the ball.



Another simple way to convey who should move is:

“ If you are one of the players without the ball and you do not receive the pass you should move to the open zone”