

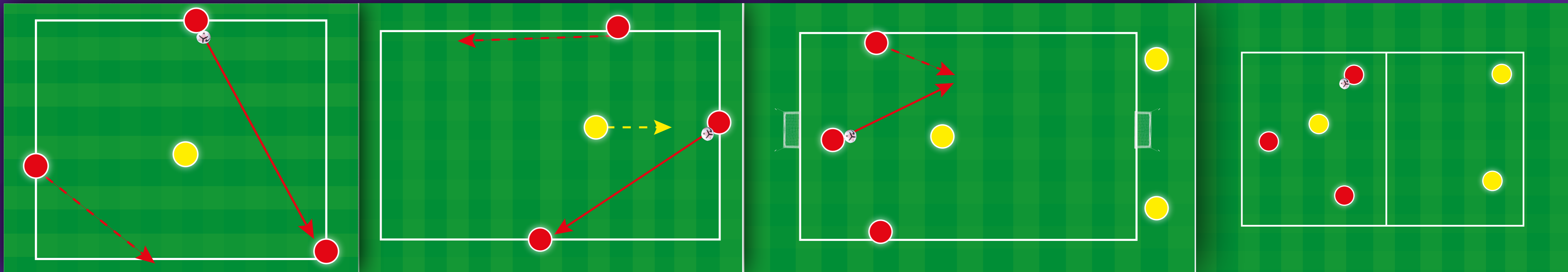


3V1 RONDOS

DEVELOPING THE PRINCIPLE OF
FINDING THE SPARE PLAYER

3V1 RONDOS

Great ways to stimulate players



WHY?

- Develop the principle of using the spare player during build-up play
- Opportunities to dominate the ball and control space around and beyond the opponent
- Easy and simple activity to engage players on arrival at a session
- Can be player lead

WHAT?

- Tactically able to recognise the benefit of a spare player and the opportunity to exploit the opponent with an overload
- Make tactical decisions in relation to technical competencies

EXPLOITING THE SPARE PLAYER

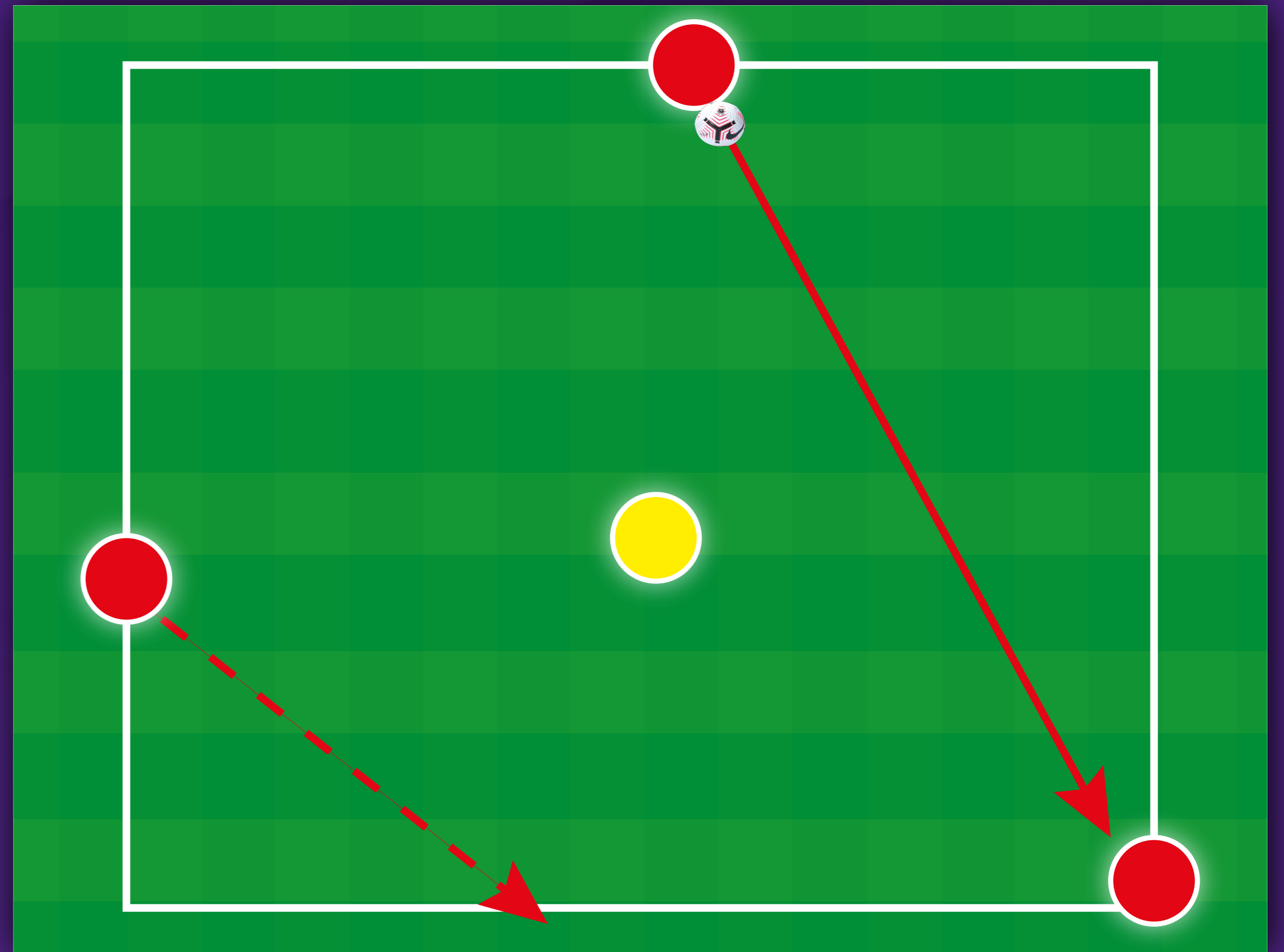
Finding the Key to Build-up play

SESSION SETUP

This practice takes place within a very small area, of around 10 to 15 yards on both sides. The idea of the practice is to limit the area and give the yellow and opportunity to win possession if the supporting player doesn't work to create an angle. We are training players who are able to recognise the movement of the ball and the opponent and take up positions that will allow them to receive possession of the ball comfortably

COACHING POINTS

- Ball speed is very important in the practice, it is important that the pass has purpose, can the red Bring pressure from the yellow by using an enticing weight of pass. This will create space in behind the yellow
- Timing of pass, can the player attract pressure before playing a pass.



EXPLOITING THE SPARE SPACE

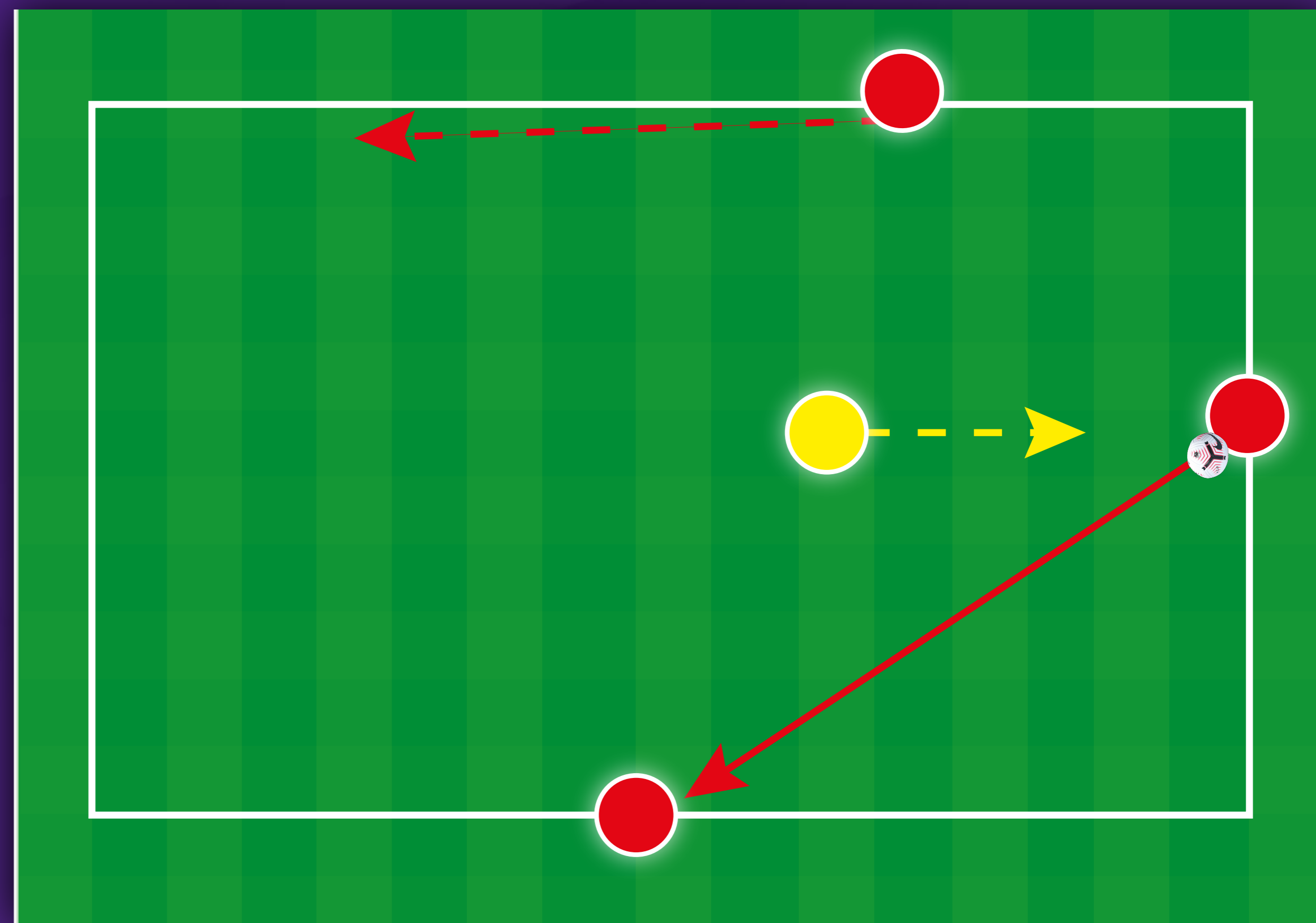
Exploiting the open space

SESSION SETUP

The concept of 3v1 is extremely important as previously mentioned in the book. We are looking to try and unlock some of the vertical space on the pitch. This practice recreates the initial phase of the build up play. The first red represents the centre back who is being pressed by the centre forward, the passing options on both sides are either a deeper midfield player or a full-back.

COACHING POINTS

- Using the vertical line to open space in a hugely important component of effectively using space. The reds must be comfortable receiving possession ahead of the yellows shoulder and in the space behind the defender. This will allow for effective use of the vertical lines on the pitch.



EXPLOITING THE SPARE SPACE

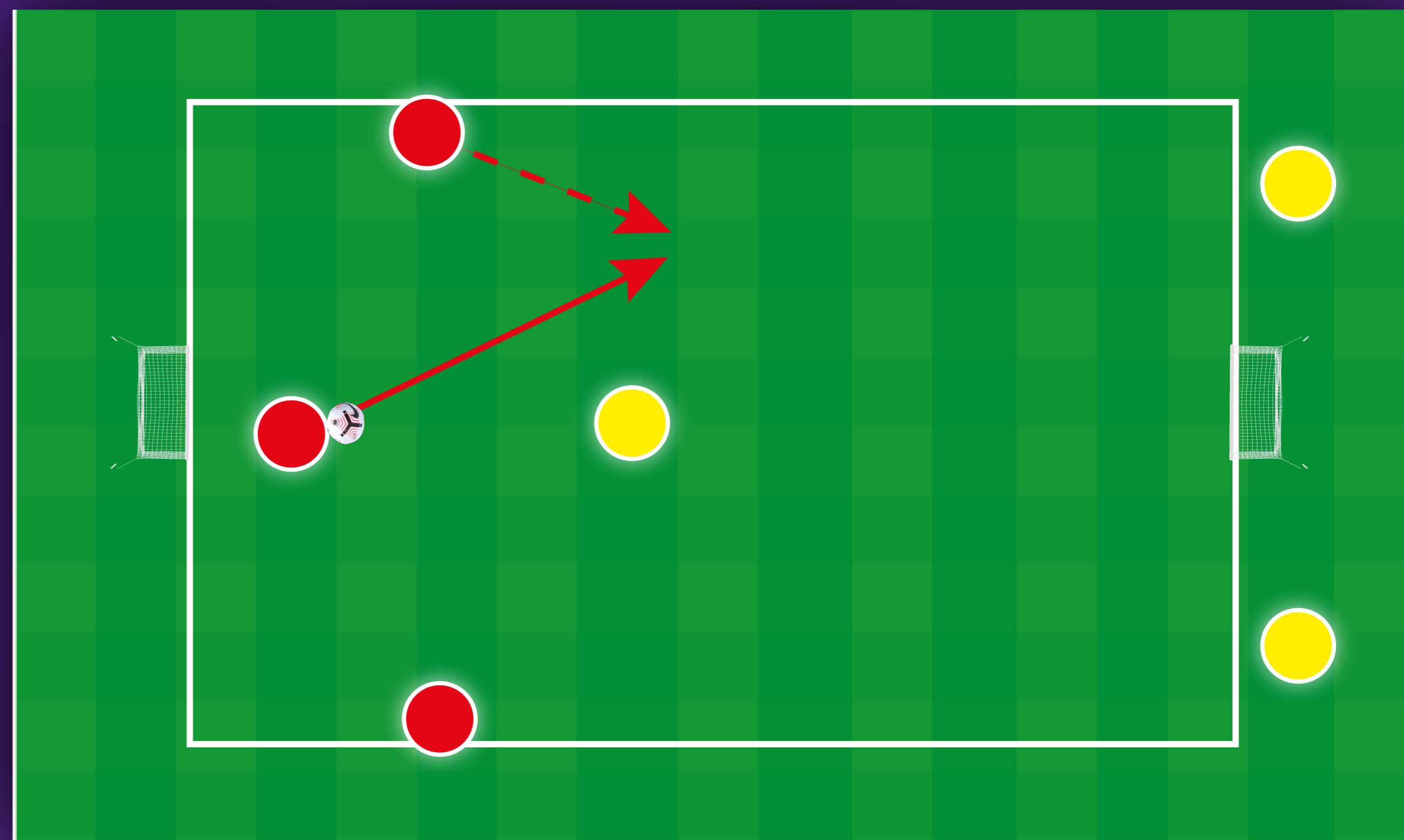
Exploiting the open space

SESSION SETUP

An easy to use practice, the reds attack 3v1 against the yellows, the reds must use the space behind the opponent to be quick and dynamic and score. As soon as the practice ends, the yellows break out and attack as a three, 1 red stays on and defends creating a 3v1 in the opposite direction. This will train our players to understand how to use the overload quickly and effectively. It will also train them to understand the role the space plays in behind the opponents line.

COACHING POINTS

- Encourage players to play passes close to the opponent to allow their team mates to drive into the most central areas of the pitch.
- If the ball can't go forward, who can we play too, that can then open up the opposite side of the pitch.
- Can we encourage players to take their first touch across their body and towards the opponents goal.



CREATING DOMINANCE WITHIN THE 3V1

Exploiting the open space

SESSION SETUP

This is another simple to use practice to train players ability to dominate and succeed in 3v1 situations. The practice starts with the reds looking to keep possession from the single yellow. Once the yellow gets possession of the ball he or she must look to transfer possession to the yellow pair, and then join them with the company of one red, creating a 3v1 on the opposite side. This means there is a constant 3v1 practice occurring within. It is important that the practice is made tight to increase the pressure in transition, .

COACHING POINTS

- Dominating the 3v1 is important, the timing of the passes will be a key measure of success. Can our players stay in possession of the ball and attract pressure, before playing a pass away from pressure.
- We must also ensure our players begin to focus on their body position when receiving and playing passes. e.g. can they get their body open to allow cases to both lines.

