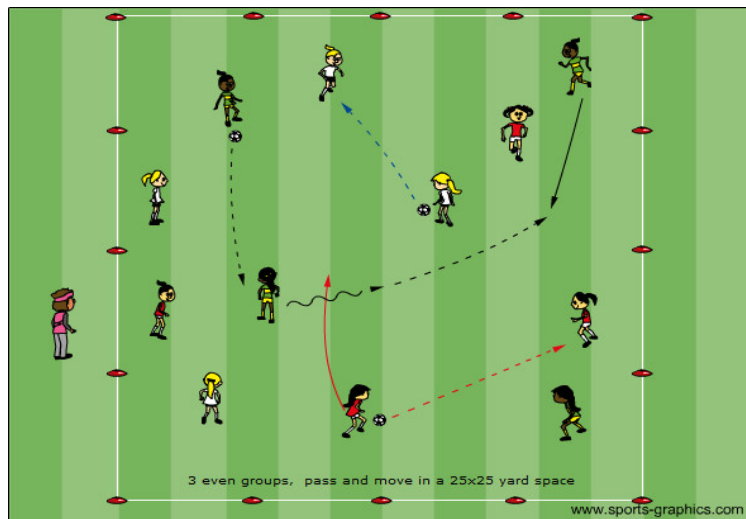


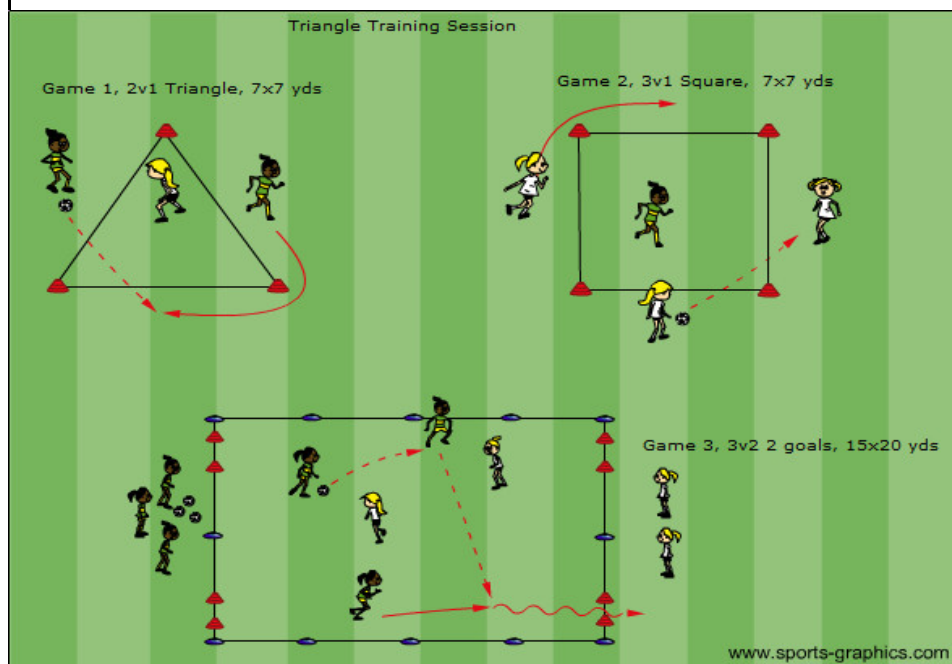


## Triangle Training Session - Passing/Moving



### Warm-up Passing in 3 groups in a 25x25 yard grid

- Split team into 3 even groups, each group with a ball.
- Groups pass and move after pass.
- Add restrictions/variations as needed, examples:
  - 1) Players must communicate before passes
  - 2) Limit to 2 touch
  - 3) Ball must always stay moving
  - 4) Length of passes, short or long only
  - 5) Must perform combinations



### Triangle Training Games

- 1) 2v1 in a 7x7 yard triangle
- 2) 3v1 in a 7x7 yard square
- 3) 3v2 in a 15x20 yard square with 2 end line goals on each end

**Game 1)** Two outside players pass through the triangle and move to support each other. Defender must stay in the triangle.

**Game 2)** Three outside players pass through the square and move to support each other. Defender must stay in square.

**Game 3)** Attacking team plays 3v2 against defending team. Both teams score by dribbling through either end line goal.

### Key Coaching Points of Session-

- Passing technique/type of pass
- Movement off ball, vision
- First touch, control away from pressure
- Communication
- Angle of support