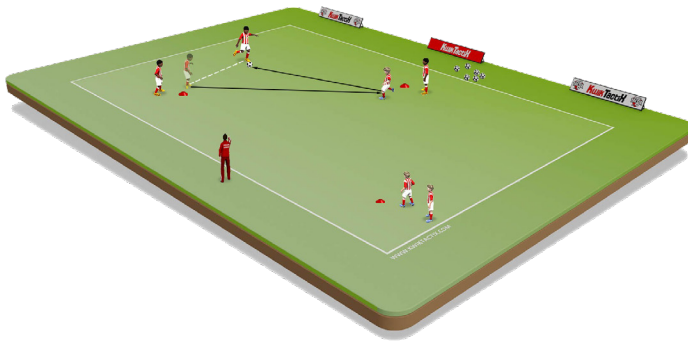


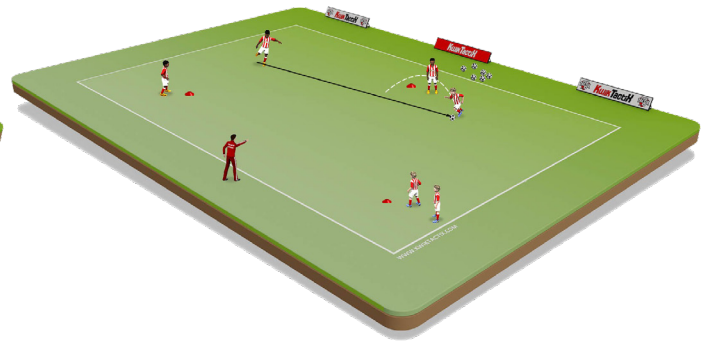


AJAX TRIANGLE

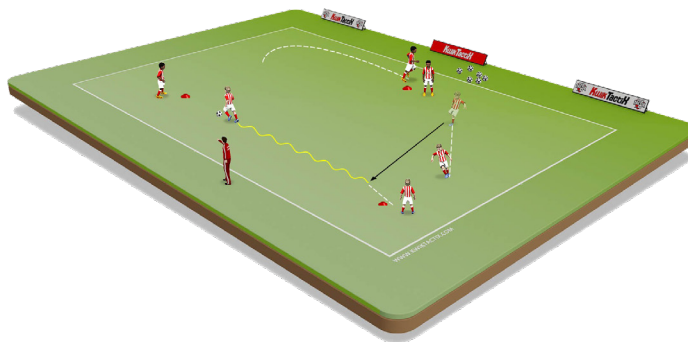
Set up one or more triangles using cones 15 yards apart. Place two or three players at each cone. The exercise begins with player 1 passing to player 2. Player 1 'checks away' from the cone to provide a support angle. Player 2 passes back before making a bent run around the cone. Player 1 plays passes into the path of player 2 as he/she rounds the cone and then player 2 passes to player 3 who dribbles at speed back to the first cone to restart the sequence. To progress, add a second ball and/or insist on one touch passing. Coaching Points: players check to the ball when receiving, and encourage players to use verbal, non-verbal and eye contact or communication.



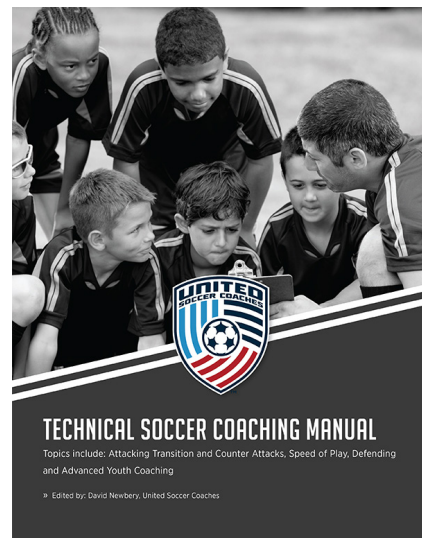
SEQUENCE 1 DIAGRAM



SEQUENCE 2 DIAGRAM



SEQUENCE 3 DIAGRAM



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