

Triangle Gate Game

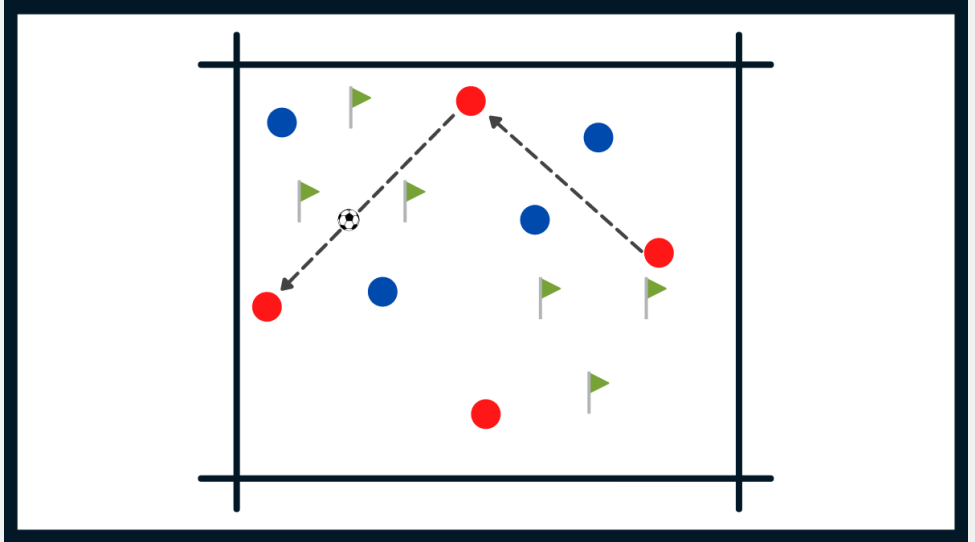


Age: 9+ Years

Players: 8

Topic: Passing And Possession

Duration: 20 Mins



Set Up The Drill:

Mark off a 30 x 40-yard grid with small cones. Within the grid, create two 4x4x4 triangles, using tall cones or poles/flags. The triangles should be placed in the opposite corners of the grid as seen in the diagram. Split the players up into two teams of 4 and put one team in colored bibs. Have a supply of balls ready to help facilitate quick restarts.

Instructions:

Teams compete for possession of the ball with each team defending one triangle and attacking the other. To score a point a player must make a successful pass to a teammate through the triangle that they are attacking (i.e the pass goes through one side of the triangle & out through another and is then received by a teammate). Players are not allowed inside either of the triangles. If an infraction occurs a free kick is awarded to the other team.

Progression:

Progress the activity so both teams can now score a point on either triangle.

Coaching Points:

- Encourage the attacking team to have good team shape on the ball. In a team of 4, one defender two midfielders, and an attacker can create a diamond shape providing depth and width in attack.
- Keep your head up and look for the open triangle to attack. If one triangle is heavily defended can you switch the play to attack the other one?
- Good passing and communication throughout.
- When supporting a teammate, create positive angles of support so you can be clear, visible, and in open space.
- When you lose the ball, get 'goal-side' and make it difficult for your opponents to get behind you and score on the closest triangle.