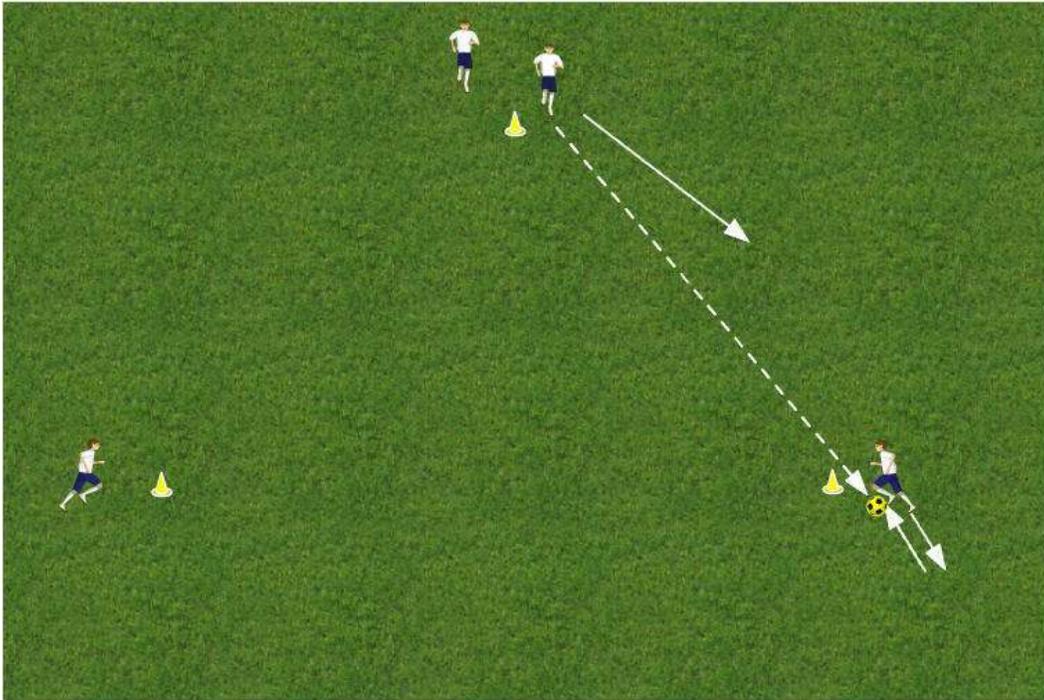


TRIANGLE PASSING AND RECEIVING DRILL

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

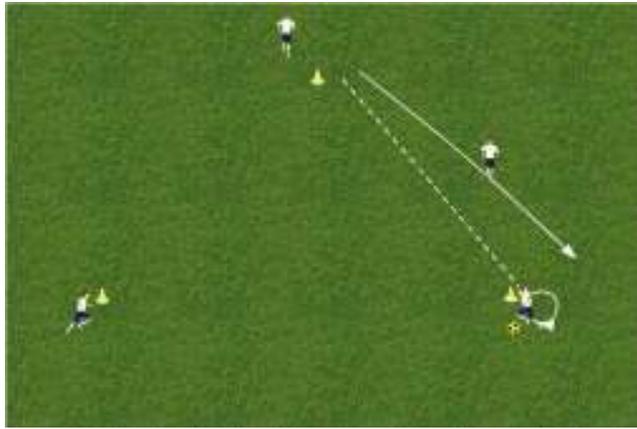
Lay out a triangle of cones or discs, with 10 – 12 yards between them. The distance can be adjusted to suit the age and ability of the players. Place two players, with a ball on the first cone and a player on the other two cones.

To start the practice, the player with the ball passes to player on the cone to their left. They then follow the pass to take the place of the player on the next cone. The pass should be along the floor, accurate and well weighted. It should be to the outside of the cone. The player receiving the ball should check away from the ball, then check back to receive the pass. They should look to receive the ball with an open body, using the biggest control surface, the inside of the foot and should control the ball round the outside of the cone, so that it is set for an immediate pass to the next player. The practice is repeated around the triangle.

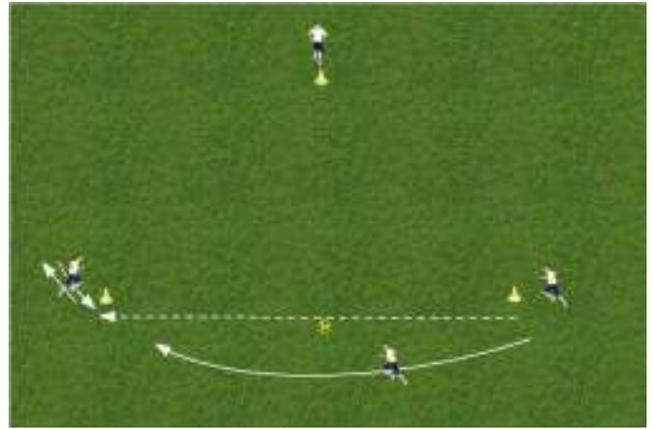
KEY TECHNICAL ASPECTS

Focus on the technique of the push pass, get the ball out of the feet, picture the pass, use the side - foot, strike through the middle / centre of the ball *Accurate, well weighted, timed passes, along the floor *Timing of the movement from the receiving player to check away from the ball, before receiving *Receive the ball with an open body, using the back foot, control with the biggest, safest surface, the inside of the foot * Set the ball for the next pass *Movement after the pass *Communication, both verbally and using body language *Repeat practice the opposite way round the triangle

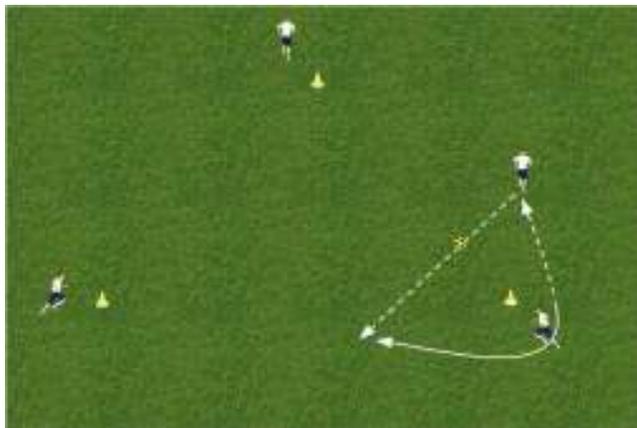
Progression #1 – Follow pass *Receive ball with open body, using biggest surface, the inside of the foot * Set ball out of feet for next pass * Picture the pass



Progression #2 – Check away, then back to receive the pass *Accurate, timed, well weighted pass *Follow pass *Repeat round triangle *Pass both ways round the triangle



Progression #3 – Ball is passed from first player, to second player *Ball is set back to first supporting player from second player *After setting the ball second player makes a timed run round the cone to receive an angled pass *Good timing of pass and run *Players move to next cone and rotate round the triangle *Pass both ways round the triangle



Progression #4 - Ball is passed from first player, to second player *Ball is set back to first supporting player from second player *First player passes across the triangle to third player *Second player supports third player *Drill is repeated *Pass both ways round the triangle

