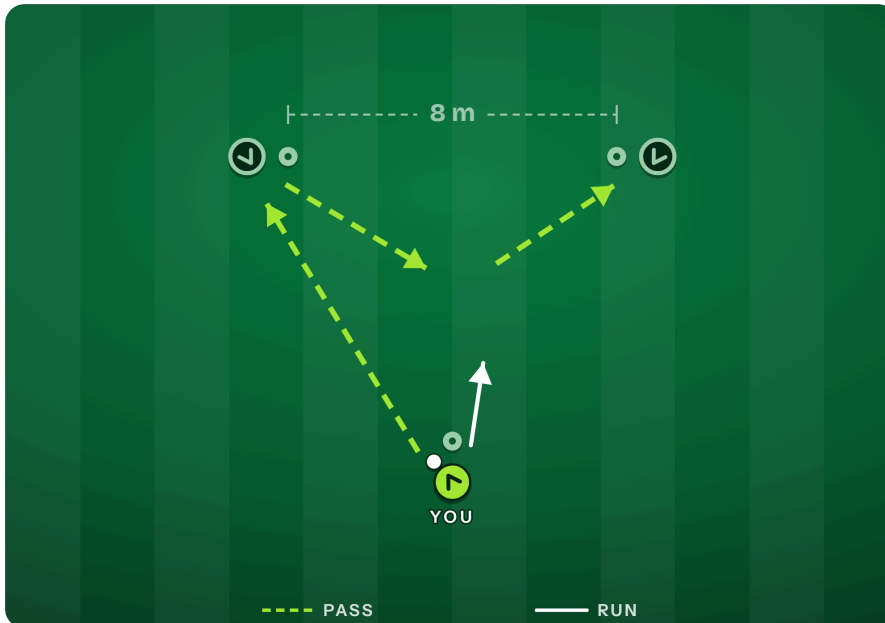




Triangle passing combinations

TECHNICAL & TACTICAL · PASS AND MOVE · 3 PLAYERS (A PARENT CAN BE ONE) ·
AGE 11+

Set up

3 players

1 ball

3 cones

Triangle, 8 m a side

Dose

4 x 2 min, 1 min rest

Change direction each min

4 rounds of 2 minutes with 1 minute of rest, changing direction every minute (the Football Reach target, not an FA rule).

What it trains

Pass and move in a triangle, then add a one-two to play forward. England Football coaches the one-two as a core two-player move: pass, move into new space, and be ready to receive again.

How it works

- 1 Warm up first. On flat grass, set 3 cones in a triangle, 8 m apart, with one player on each cone. Use a size 4 ball at U12-U13 and a size 5 from U14.
- 2 Pass round the triangle along the ground. Open up as the ball comes, touch it towards the next player, then pass. After every pass, move.
- 3 Add the one-two: pass in and move forward, the receiver sets it back first time, and you play it on to the third player.
- 4 Change direction every minute so both feet get work. Play 4 rounds of 2 minutes with 1 minute of rest.

Coaching points

- 1 **Pass, then move**
As soon as the ball leaves your foot, move into new space, so the receiver can play it back to you. Weight every pass so it can be played first time.
- 2 **Open up, touch it on**
Before the ball arrives, turn your body so you can see the passer and the next player. Let your first touch go towards the next player, then pass.

✗ **Not this:** Standing still to watch your pass. The receiver has nobody to play it back to, and the move stops.

MY NOTES

HARDER

All one-touch. With a fourth player, start two on one cone and follow your pass to the next cone, so the ball and the players never stop.

EASIER

Two touches every time and no one-two, until the passes arrive on the ground and on target.

Safety

- Flat, dry grass with space all round, never a road or a driveway.
- Spread out from other groups so a stray ball does not run into them.
- Passes along the ground only, nothing lifted into the air.
- Stop if anything hurts, and tell an adult.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/triangle-passing-combinations

Then take the free test at footballreach.com