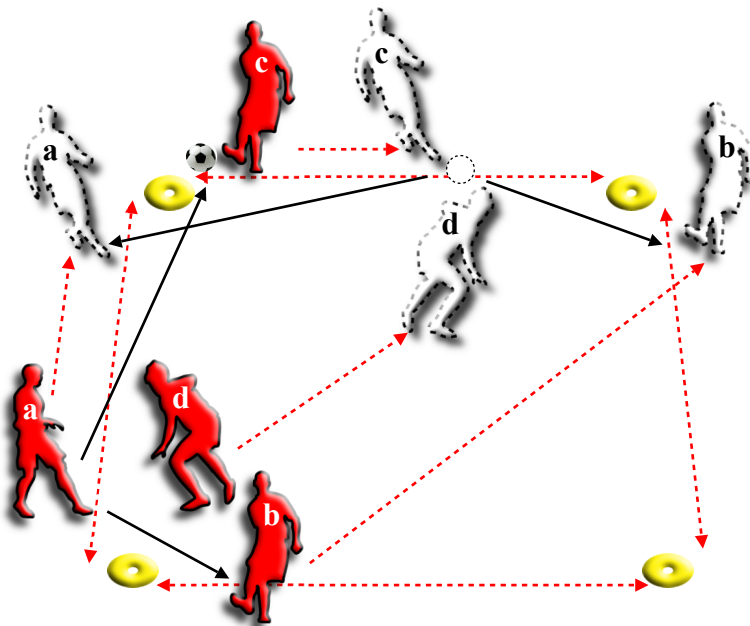


Triangle Piggy in the Middle

Under 10+



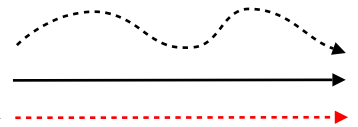
Moving Direction



Dribble Direction

Passing/Shooting

Moving Direction



Setup:

- Set up 4 beacons forming a square, 8x8 steps apart.
- Three players are positioned on the outside of the square.
- One player (Defender) in the middle of the square.
- One ball is used for this drill.

Instructions:

- The idea of this game is to form triangle play between outer players at all times by shifting along the square making successful passes to each other without losing the ball to the defender
- Players on the outside of the square, must play only from the outside only.
- Defender must remain on the inside of the square.
- Player A has two options to make a pass, either to players B or C.
- In the above example player A has passed to player C,
- Player B has moved to form a triangle with players A and C on the opposite side of the square.
- Players that lose the ball to the defender, will swap rolls with the defender immediately.
- No passes across the square are allowed, only diagonal.
- Players are allowed to move between beacons.
- Passes outside the beacons not allowed.

Coach:

- Look out for accuracy of passes.
- Maximum of two touches allowed.
- Highest tempo possible is recommended. (Rapid play).
- Ball must be played along the ground only.

