



Racine Spartans Soccer Club

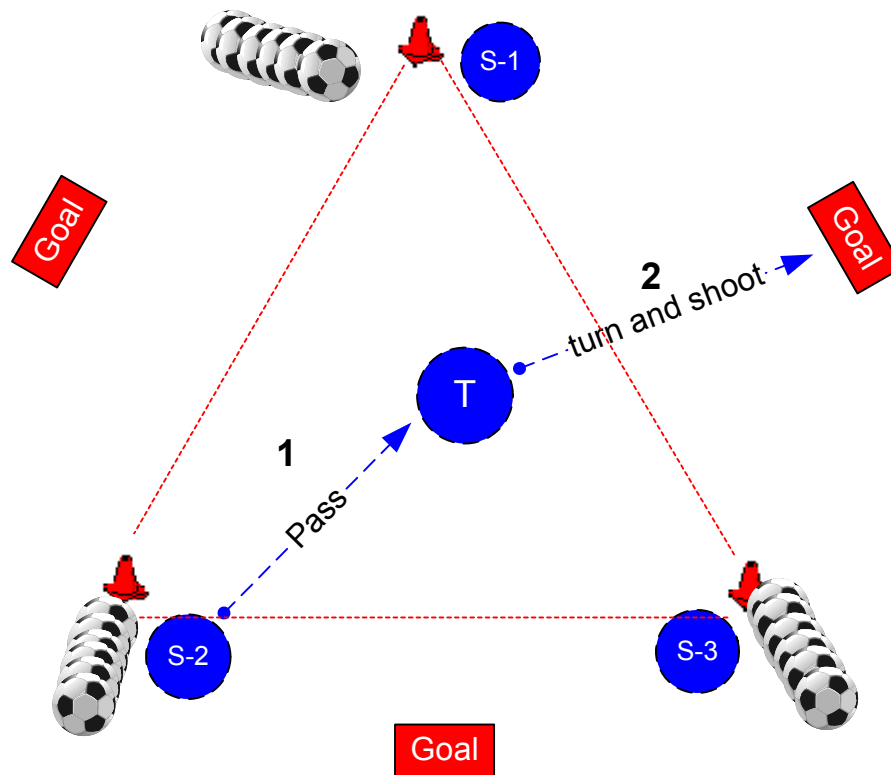
Warm-ups, Drills, Conditioned Games and Tactical Formations

Group/Individual Skill Exercise #9: Triangle Receiving / Passing

Summary: This group exercise emphasizes accurate, well-paced and properly timed push-passing; trapping. As a group-oriented drill, it's perfect for team competitions, with each team member assuming the target role (person in the triangle). The time-sensitive aspect of the drill (e.g.: team is given 45 seconds to make as many goals as possible) teaches players to execute under pressure. The target player must also decide which goal to approach and whether a given pass requires more than one touch. Since the target player may receive a pass from any corner, there is a certain amount of communication required between target/supporting players.

Requires: 4 players; 18 balls (6 in each corner). Markers to designate the triangle; three pop-up goals.

Recommended Duration: 45 seconds per target player. Each team member should take a turn as Target.



Description:

- Any one of the supporting players (S-1 ...) begins the exercise by passing to the target player (T).
- The target player can shoot on any goal, deciding which is the most optimum based upon the pass.
- After shooting on goal, the target player can check to any supporting player to receive the next pass.
- The team has 45 seconds to complete 18 shots.

Coaching Points:

- This drill incorporates all aspects of effective short range passing; mechanics, passing to the feet, timing, decision making ...
- Supporting players need to be reminded of the importance of making the target player's efforts as efficient as possible. Passes must be playable with minimal effort.
- Deciding to one touch or settle a pass is important; stepping to poorly paced balls is important.

Progression Suggestions:

- Distance of goals from shooting triangle.
- Amount of time allowed to make the 18 shots.