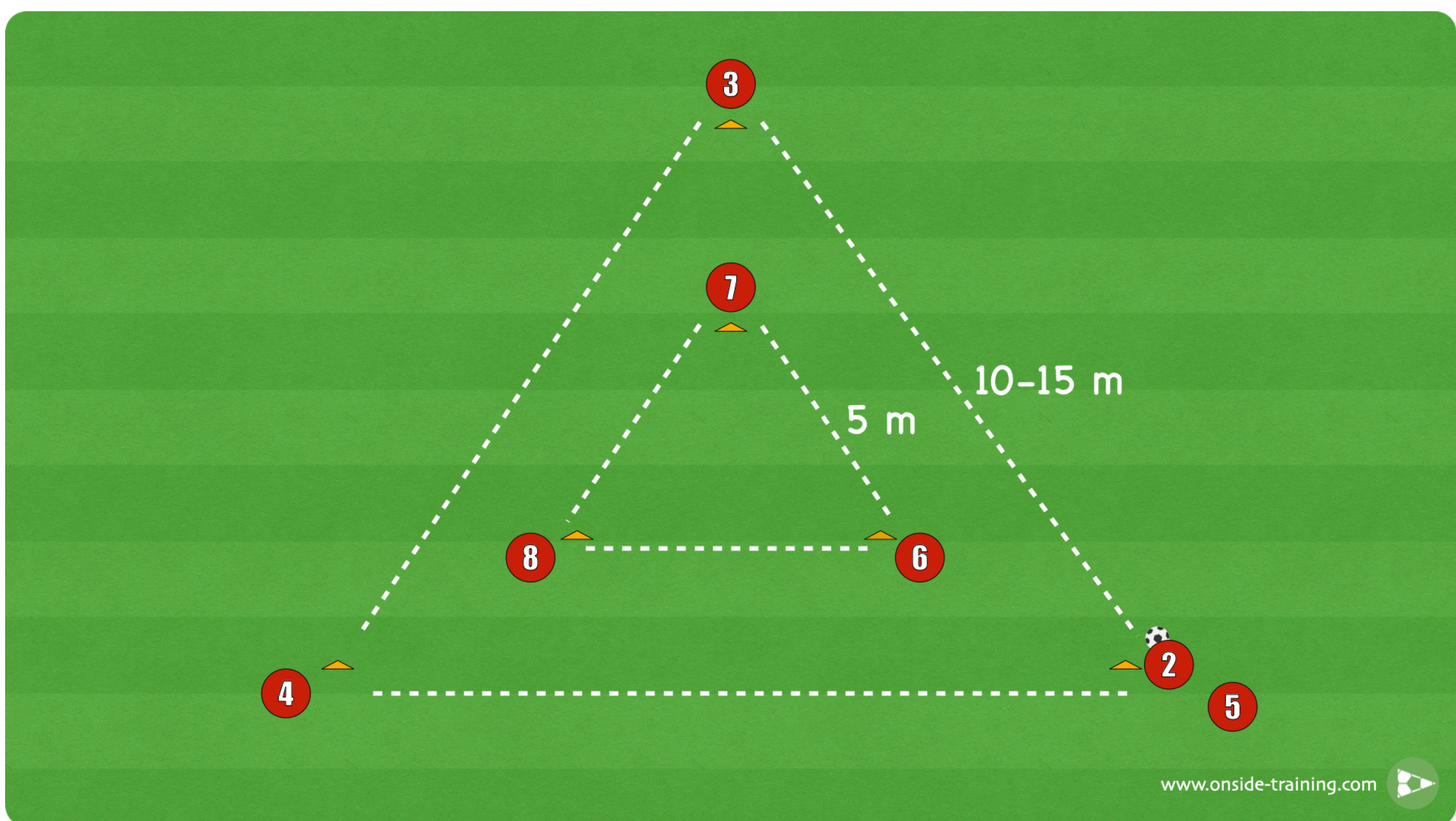


DOUBLE TRIANGLE PASSING DRILL

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Setup:

- Create two triangles with three cones each. The inner triangle should have 5 meters between each cone, and the outer triangle should have 10-15 meters between each cone.
- Position players on each cone and have at least one extra player behind the starting player.
- Adjust the distance between players based on their age and skill level.



Why Use This Drill?

The Double Triangle Passing Drill is an excellent drill for training one-two passing and third-man passing combinations. Players practice making passes in both small and larger spaces, gaining a greater understanding of movement without the ball and timing their runs. With players rotating between the inner and outer triangles, they alternate between constant movement in the outer triangle and having a break from running in the inner triangle.



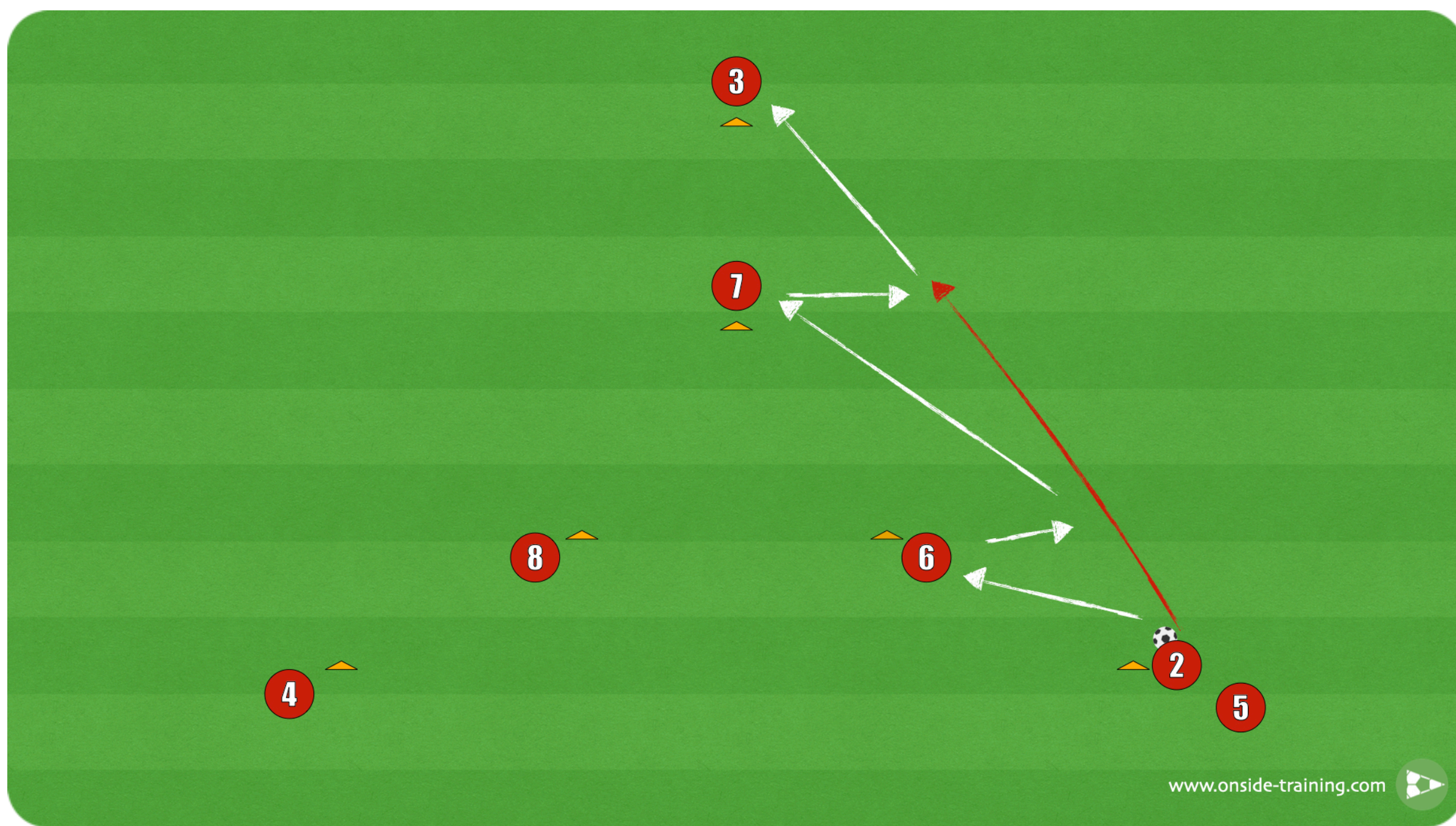
DOUBLE TRIANGLE PASSING DRILL

How It Works

Players in the inner triangle stay in position, while players in the outer triangle run after the pass.

Rotate players from the outer to the inner triangle after 5-8 minutes.

Ensure the play direction alternates, promoting the engagement of both feet.

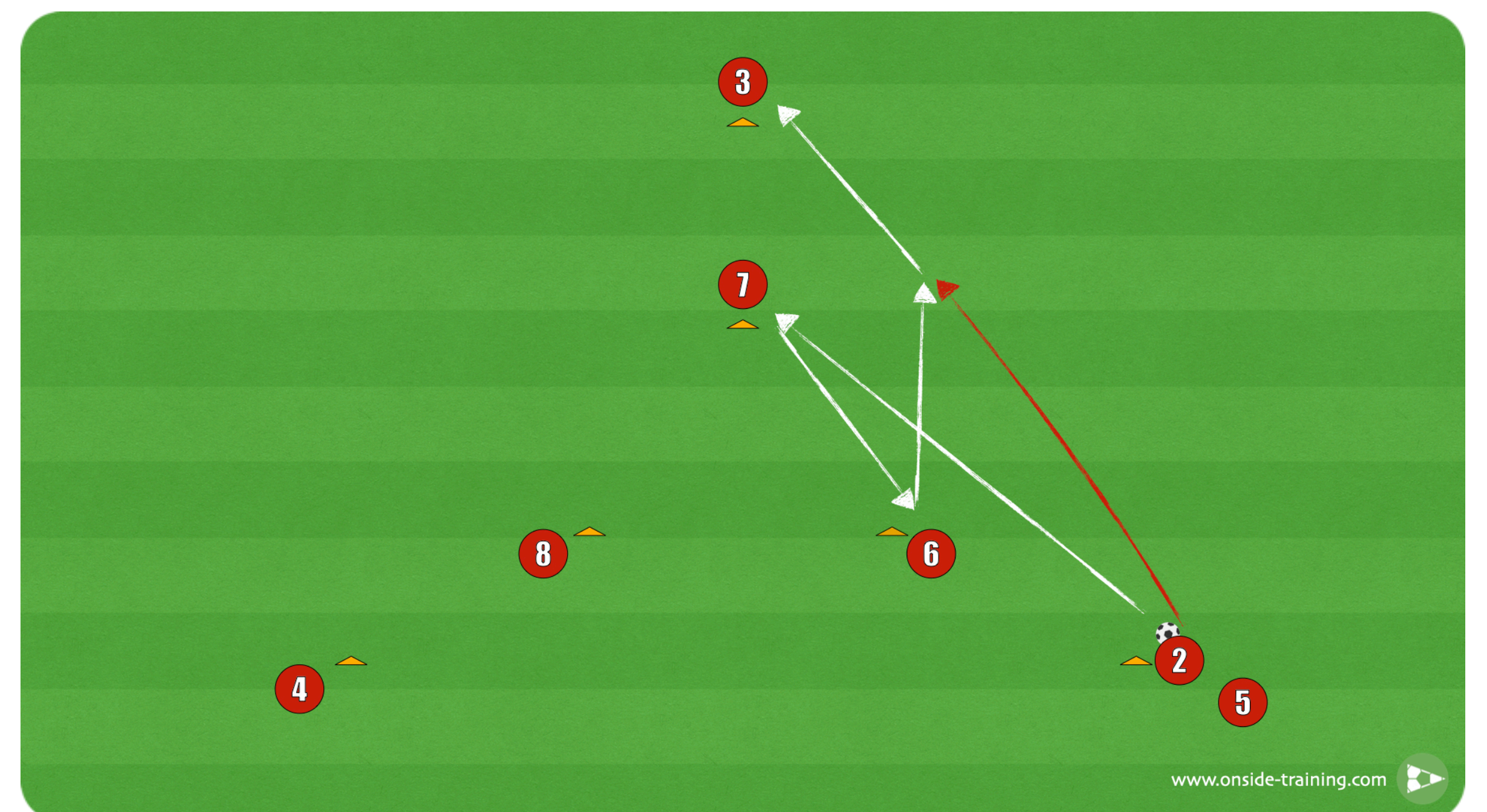


1. Variation:

The starting player initiates a one-two passing combination with the two nearest players in the inner triangle while moving towards the next cone in the outer triangle. Then, the starting player passes to the next player in the outer triangle.

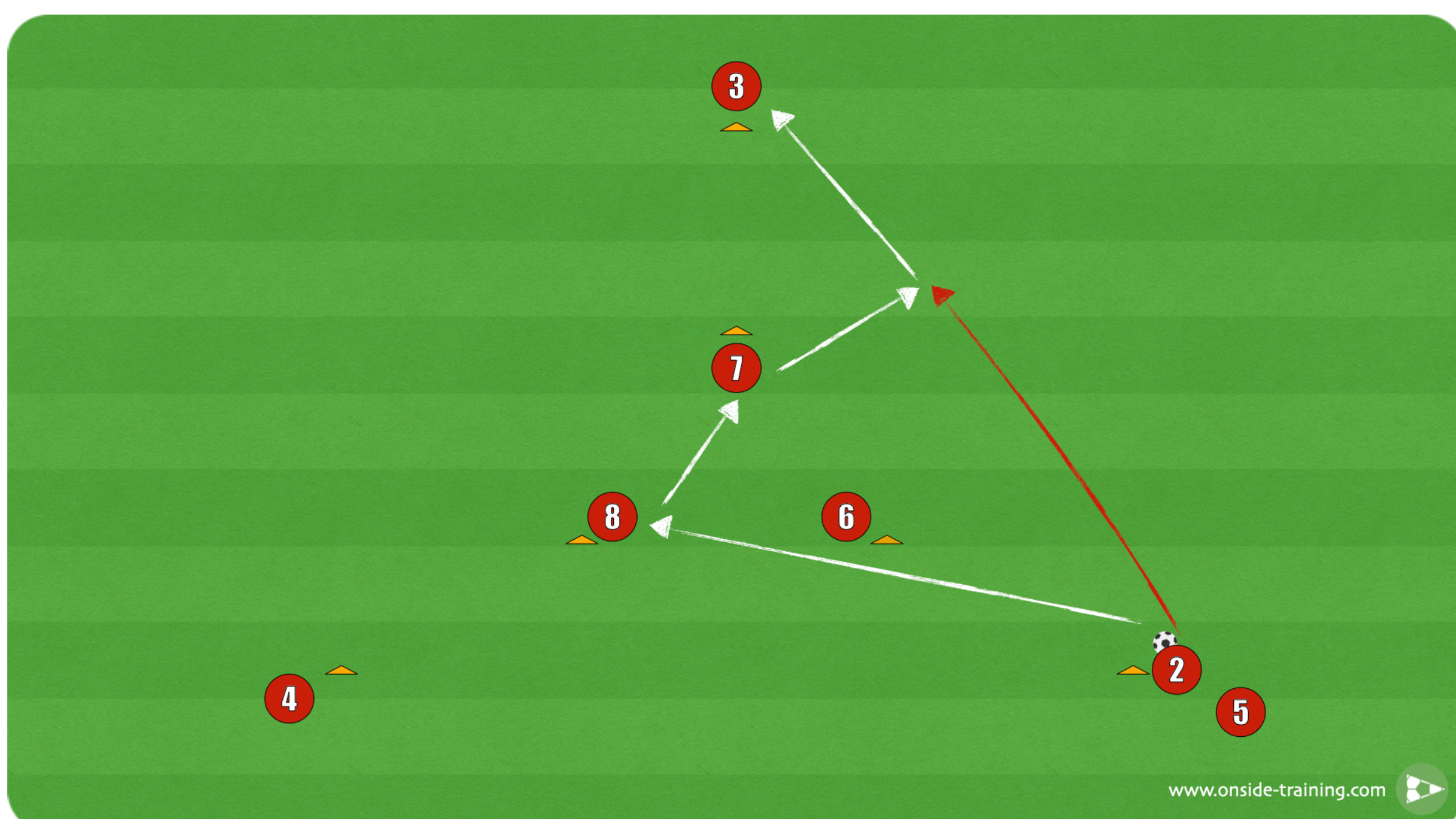
2. Variation:

The starting player sends a long pass to the player at the top of the inner triangle. This player lays it off for the other player in the inner triangle, who passes it back to the starting player moving towards the next cone. The starting player then passes to the next player in the outer triangle.



3. Variation:

The starting player sends a long ball to the player farthest away in the inner triangle. This player lays it off for the other player in the inner triangle, who passes it back to the starting player moving towards the next cone. The starting player then passes to the next player in the outer triangle.



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