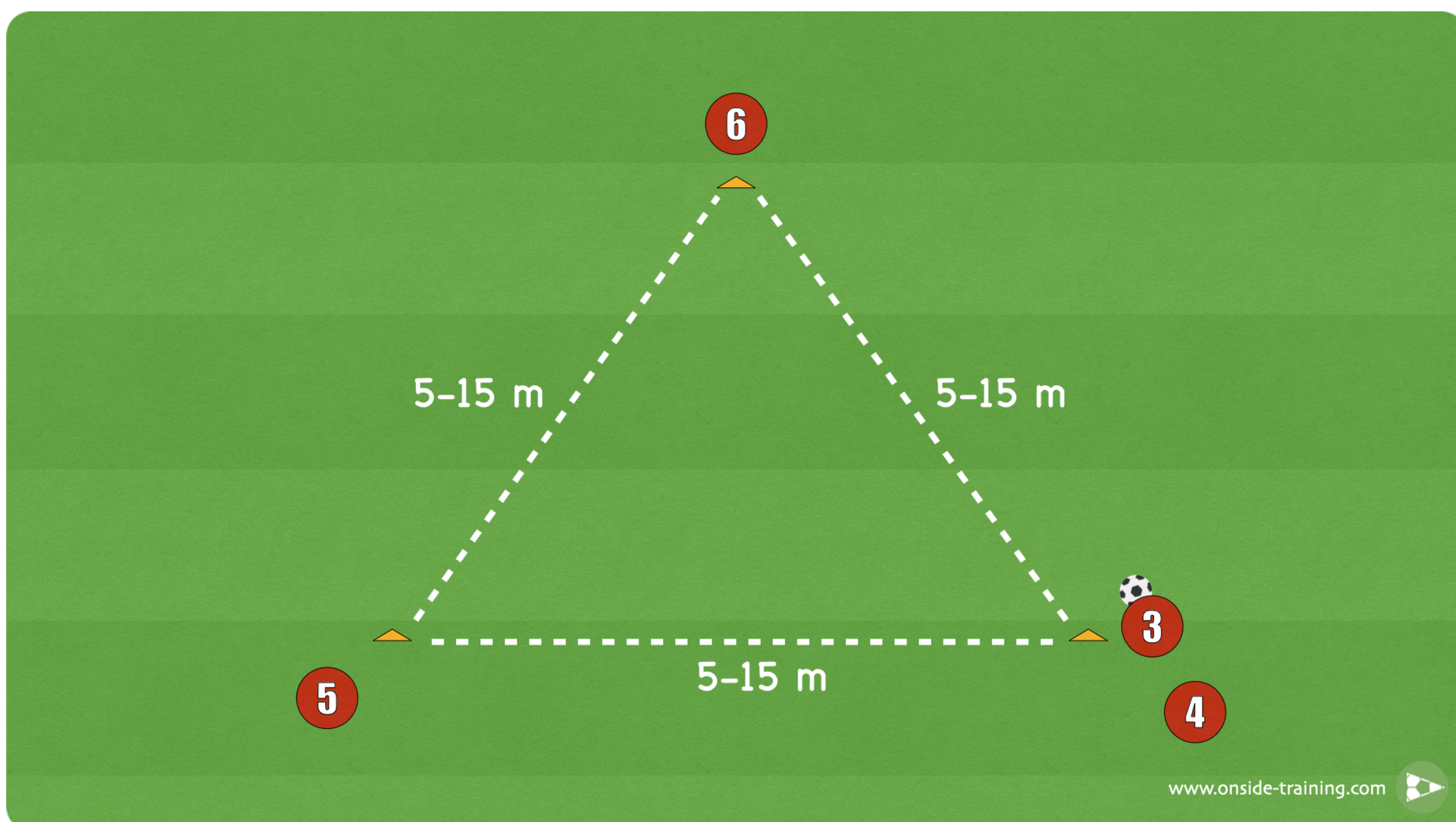


TRIANGLE PASSING DRILL

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Setup:

- Set up three cones with a distance of 5-15 meters between each one. (The exact distance between the cones can be adjusted to suit the age and skill level of your players)
- Assign one player to each cone and have any extra players line up behind the initial three.
- Each triangle should have one ball.



Why Use This Drill?

The Triangle Drill is a fundamental football/soccer drill designed to improve passing, ball control, and teamwork. Three players form a triangle and practice quick, accurate passing, enhancing their skills and overall awareness of the game.

The triangle pattern is the most frequently employed tactic in soccer/football, making it a must-have in any team's tactics. This drill empowers your players with an understanding of a triangle pattern.

It's a versatile drill suitable for all ages and levels. The drill is a great warm-up drill.

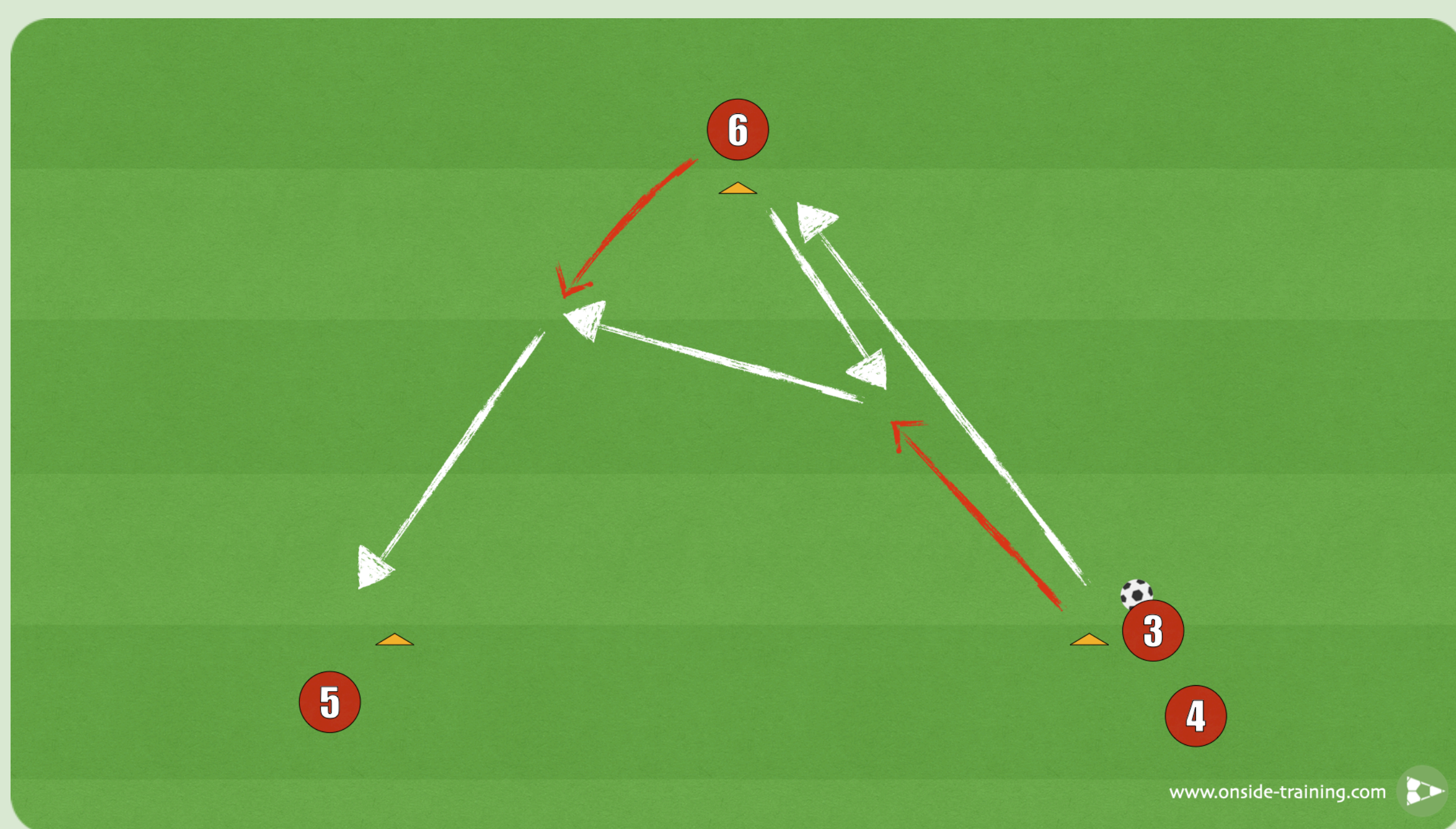
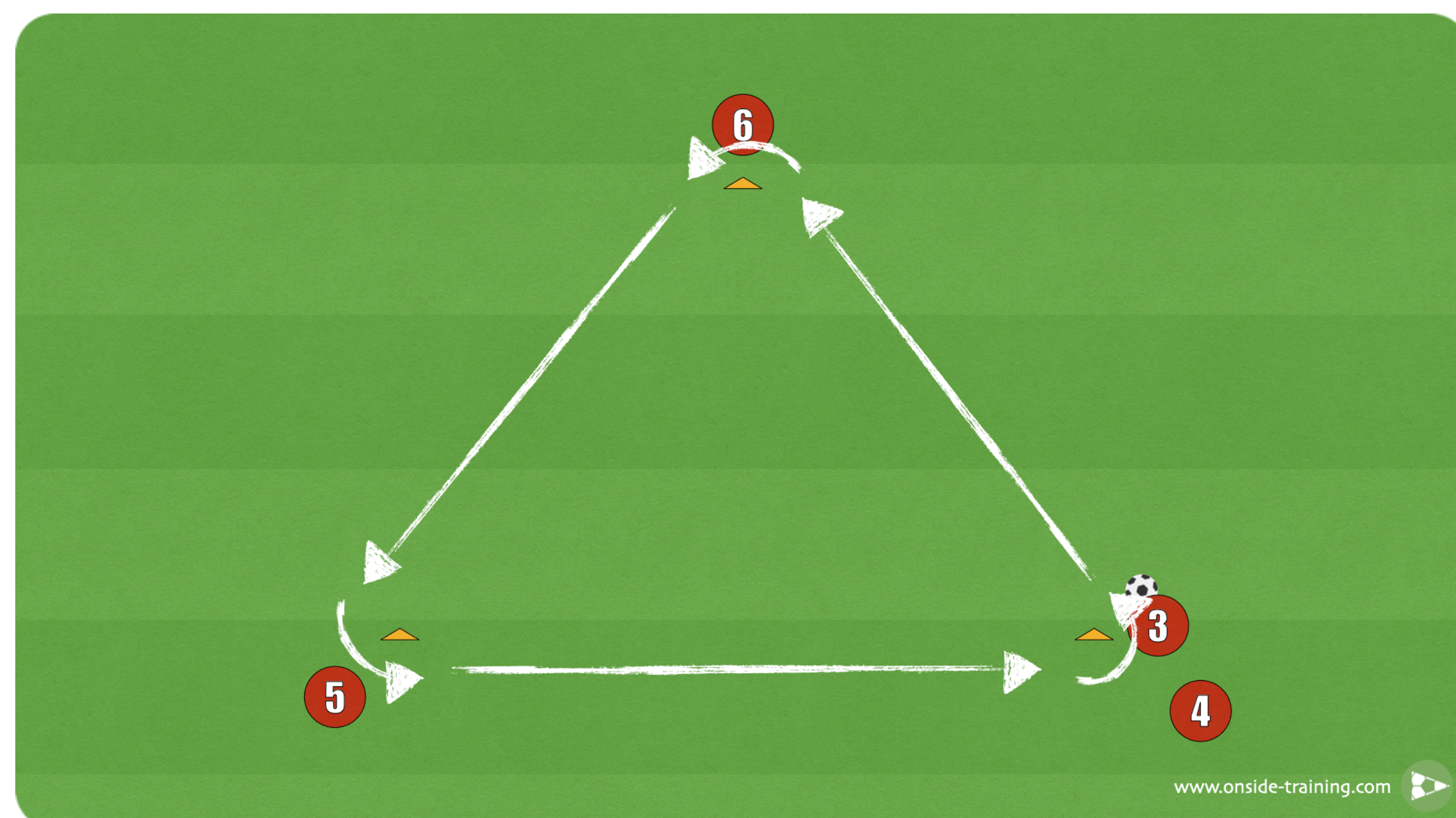


TRIANGLE PASSING DRILL

1) Passing Around the Triangle:

In this variation, players pass the ball around the triangle using a one-directional first touch and delivering strong passes.

Following each pass, players shift to the next position.



2) One-Two Passing Combination:

In this variation, the first player passes to player 2. The first player receives the ball back and immediately lays it off to player 2, who makes a short run around the cone. Player 2 then repeats the same passing sequence with player 3.

As in the previous drill, players rotate positions after passing.

3) Advanced Triangle Combination:

In this variation, the first player initiates the same one-two combination with player 2.

However, instead of laying the ball off, player 1 now sends a pass to player 3, who, in turn, lays it off to player 2. Subsequently, player 2 passes the ball back to player 3, and the triangle combination resets.

As in the previous drill, players rotate positions after passing.

