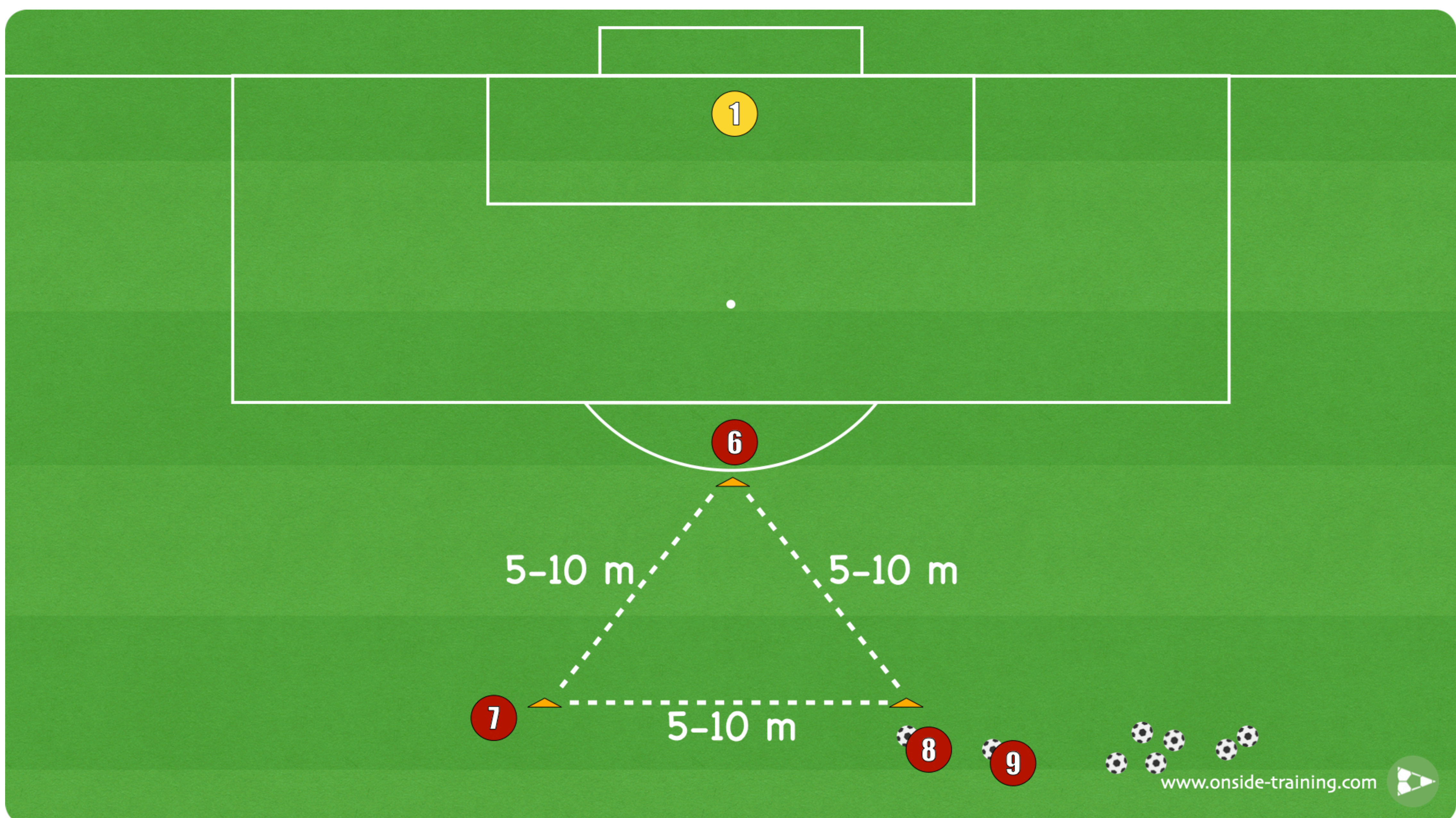


TRIANGLE PASSING DRILL TO GOAL

Setup:

www.onside-training.com

- Arrange three cones in a triangle with a distance of 5 to 10 meters between them, just outside the penalty box.
- Position one player at each cone, and any additional players in line behind one of the cones.
- Use at least four players and one goalkeeper.
- Adjust the distance between players based on their age and skill level.

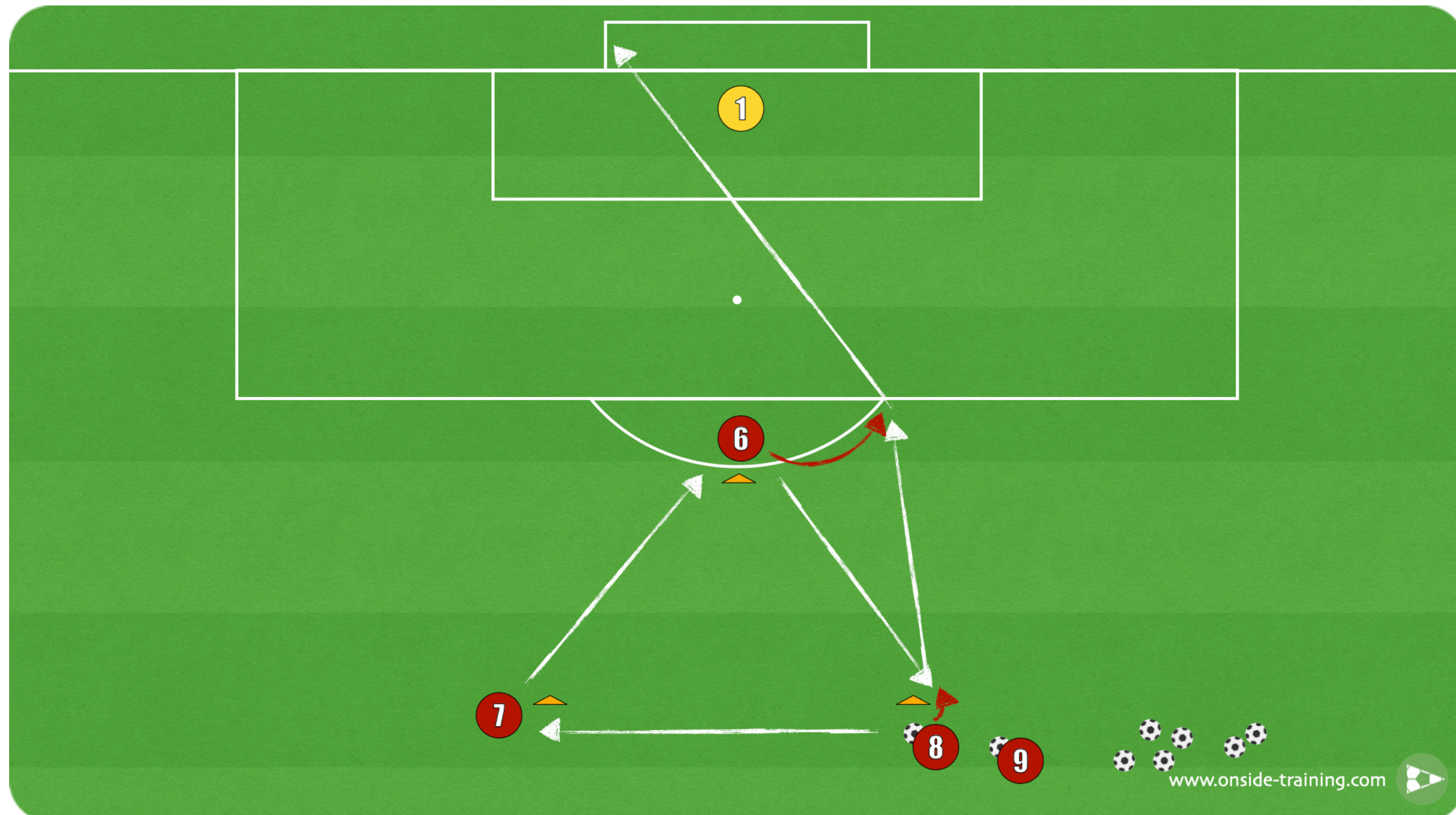


Why Use This Drill?

This Triangle Passing Drill to Goal is an excellent method to blend a passing drill with shooting practice towards the end. The inclusion of the shooting aspect not only adds an element of fun but also introduces a competitive edge among the players. It's a dynamic and engaging way to improve passing skills while developing goal-scoring abilities in a playful setting.



TRIANGLE PASSING DRILL TO GOAL

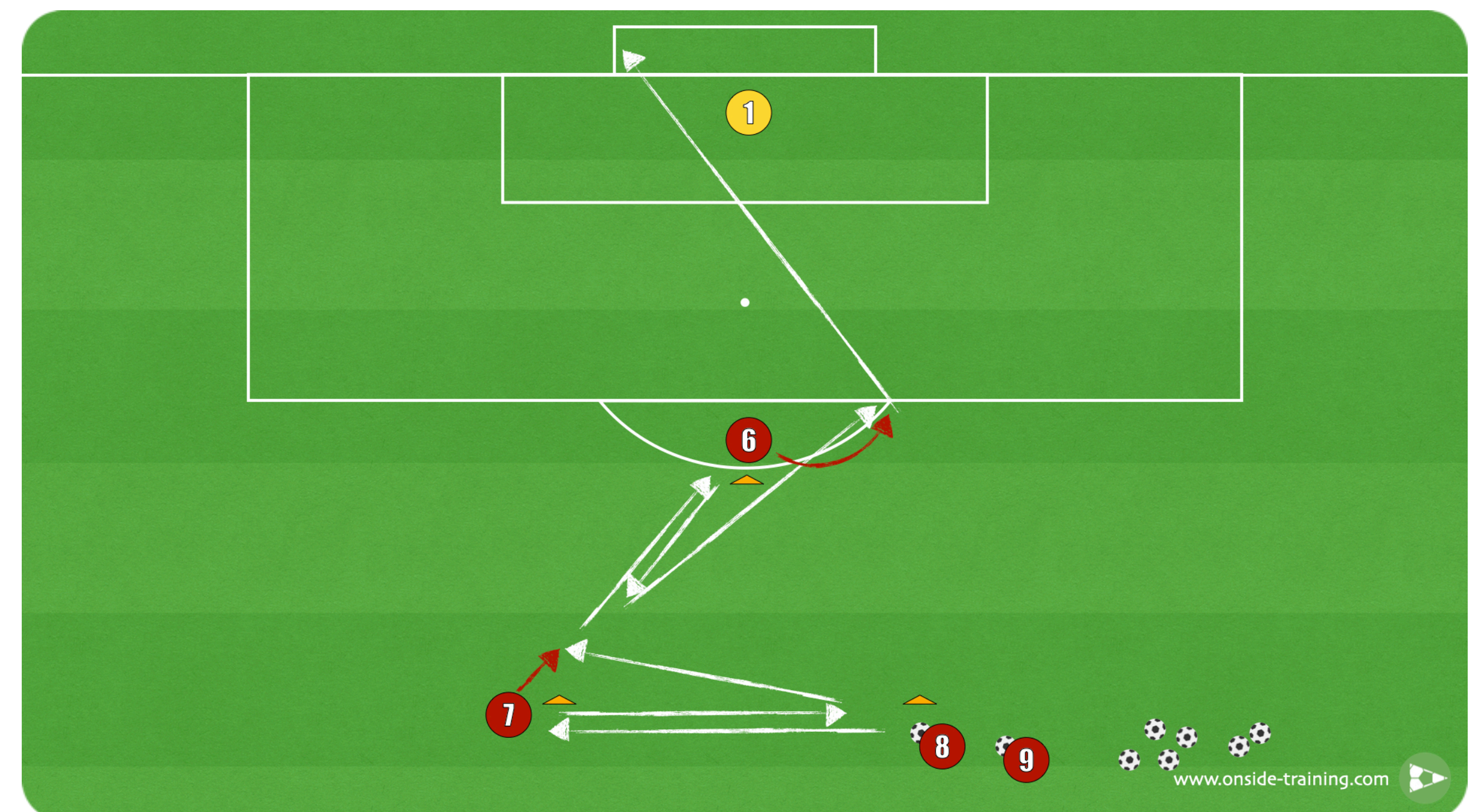


1. Variation:

Players pass the ball around the triangle with a directional first touch and a strong pass. Once the ball comes back to the starting point, the player sends a through ball to the forward player, who then takes a shot at the goal.

2. Variation:

In this version, the focus is on practicing one-two passes, ending with a quick one-two exchange and a through ball to the forward player.



3. Variation:

In this variation, the emphasis is on the player starting the drill. They make a quick and long run, overlapping with the second player. The aim is to sprint fast. The other players still focus on the one-two passing.

