

TRIANGLE TECHNICAL WARM UP

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking support.

WHY USE IT

To physically activate players in a technical pattern warm up, that focuses on passing, receiving and movement with the ball.

SET UP

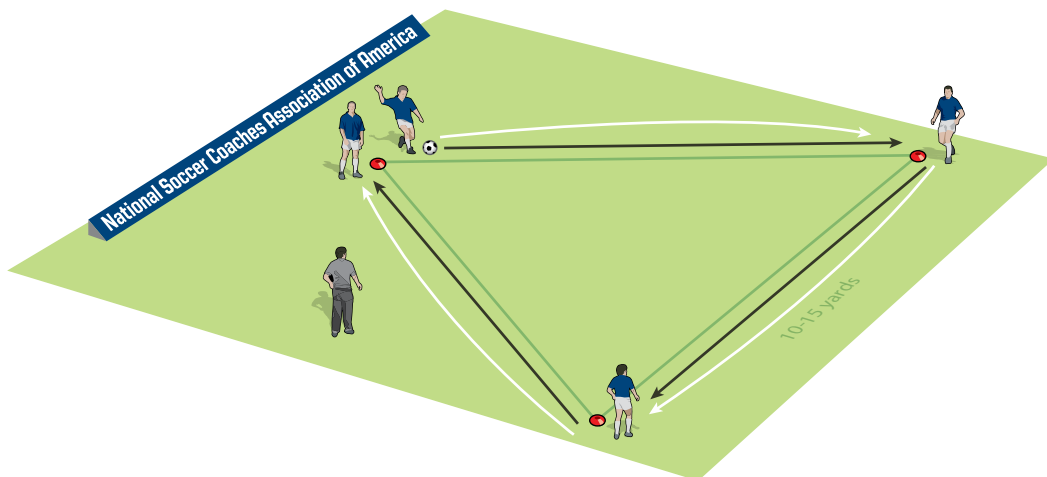
3 cones, 10-15 yards apart, make an equilateral triangle. At 2 of the cones there is a player and at one cone there are 2 players. Play commences from the cone with 2 players.

HOW TO PLAY

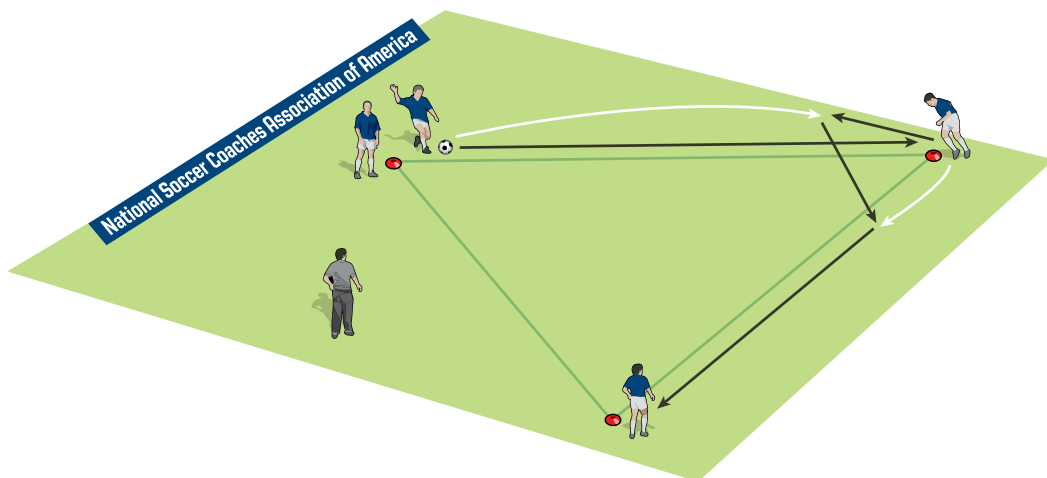
The warm up activity has a series of prescribed progressions of passing and movement. To begin, players pass to the outside of the triangle in a clockwise direction. The pass should be firm and along the ground. Once a rhythm has been established, the coach can introduce passing combinations, such as a give and go or overlap.

COACHING NOTES

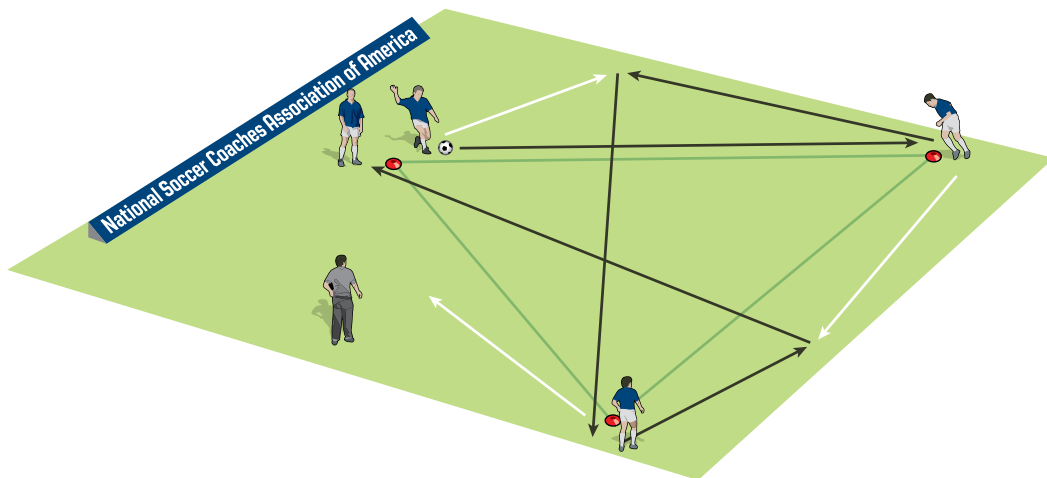
- + Coaching objectives - to get the players passing and moving with purpose.
- + Coaching tip - encourage/demand technical sharpness as the activity is unopposed.
- + Adaptations - develop into 1 or 2 touches, and have groups of 4 compete against time.



- + The ball is passed to the outside of the cone.
- + The passer then follows their pass.
- + The receiver passes the ball on to the next player.



- + The ball is passed to the outside of the cone.
- + The receiver passes the ball back.
- + A give and go is completed around the cone.



- + The ball is passed to the outside of the cone.
- + The receiver passes the ball back.
- + The ball is passed across the triangle.

