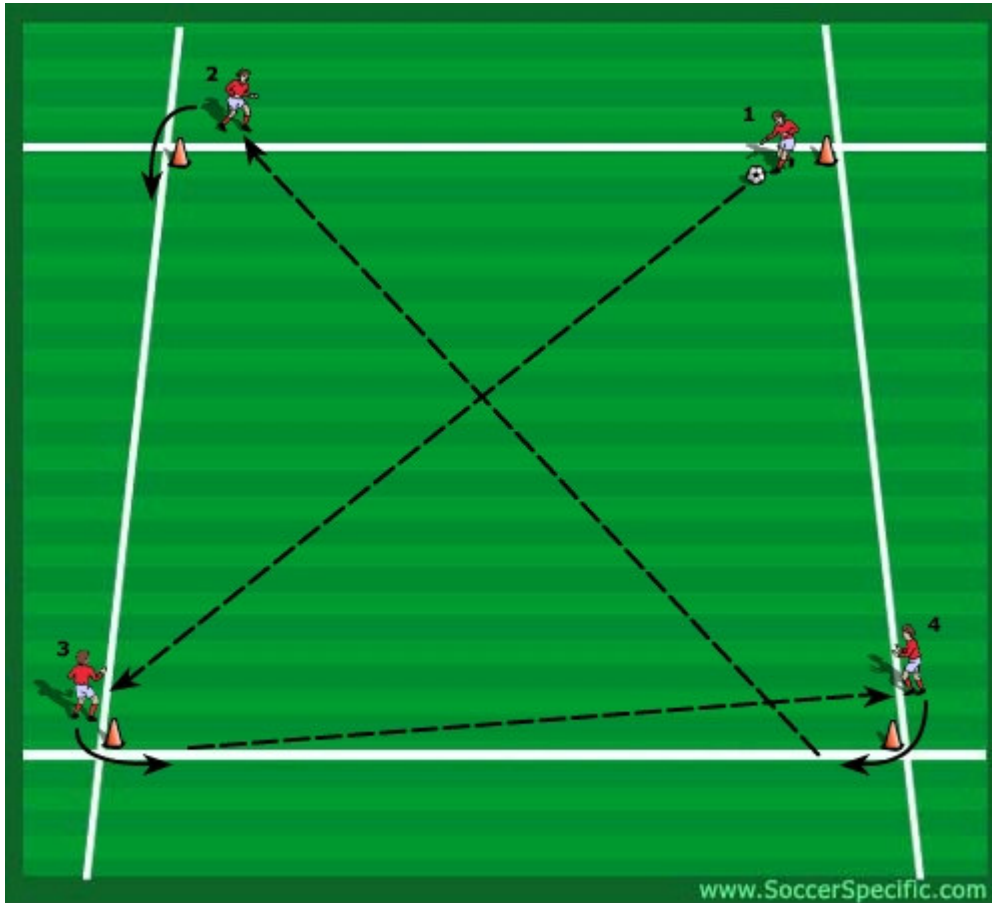


## Triangular Passing And Receiving

**Emphasis:** To develop a players touch, instep drive and inside the foot passing skills.



**Set-up:**

4 players and one ball inside a 15 x 15 yard grided space.

**Objective:**

Player with the ball delivers the ball to anyone in the grid. There is no set sequence that says a player must play it to another player in a specific order - In the above diagram player #1 plays it to player #3 who then plays it to player #4 and so on. Players should be approximately 1 yard on either side of the cone. It does not matter at any time in the exercise what side of the cone the player is on. As a player receives the ball they must receive the ball with outside or inside of the foot playing it across the front of the cone to the opposite side of their cone, while running around the back side of the cone. The player collects the ball on the other side of the cone, delivering it to the next player with his second touch. Make sure players are not playing to the same player each time. Players need to be thinking about switching it.

**Coaching Points:**

- Weight of the pass.
- Players need to be able to receive balls at pace, while properly weighting it into the space they are going to attack.
- Players need to be able to play quickly within 2 touches due to the requirements of the game.

- Players must utilize the inside; outside and instep drive to deliver quality balls back to their teammates.
- Depending on the line of the ball which surface of the foot to take it with
- Ankle locked when delivering the pass
- Toe up/Toe curled down if hitting it with the instep drive
- Cushion the ball as you receive
- Direct the ball into the path you wish to take it
- Open your body up