



## TRIANGLES



**Date:** 2/Aug/2015

**Measurement:** Select Pitch Area

**Time:** N/A:N/A

**Players:** 0

**Duration:** N/A

**Level:**

**Objective:** While listening to commands, players should improve their ability to sharply cut the ball, switch direction and improve touch and dribbling technique.

**Description:** Build two separate triangles within your grid so that each of the triangles measure 6-7 yards per side. The triangles should be apart; not adjacent. Divide players into two groups. Have each group start by moving their ball clockwise with the right foot and counter clockwise with the left foot. Think about this- if players are moving the ball clockwise right footed and counter clockwise left footed, they should be using the outsides of their feet. If players move the ball counter clockwise right footed and clockwise left footed, they should be using the outside feet

**Coaching Points:** See plain text document!

**Progression:** See plain text document!