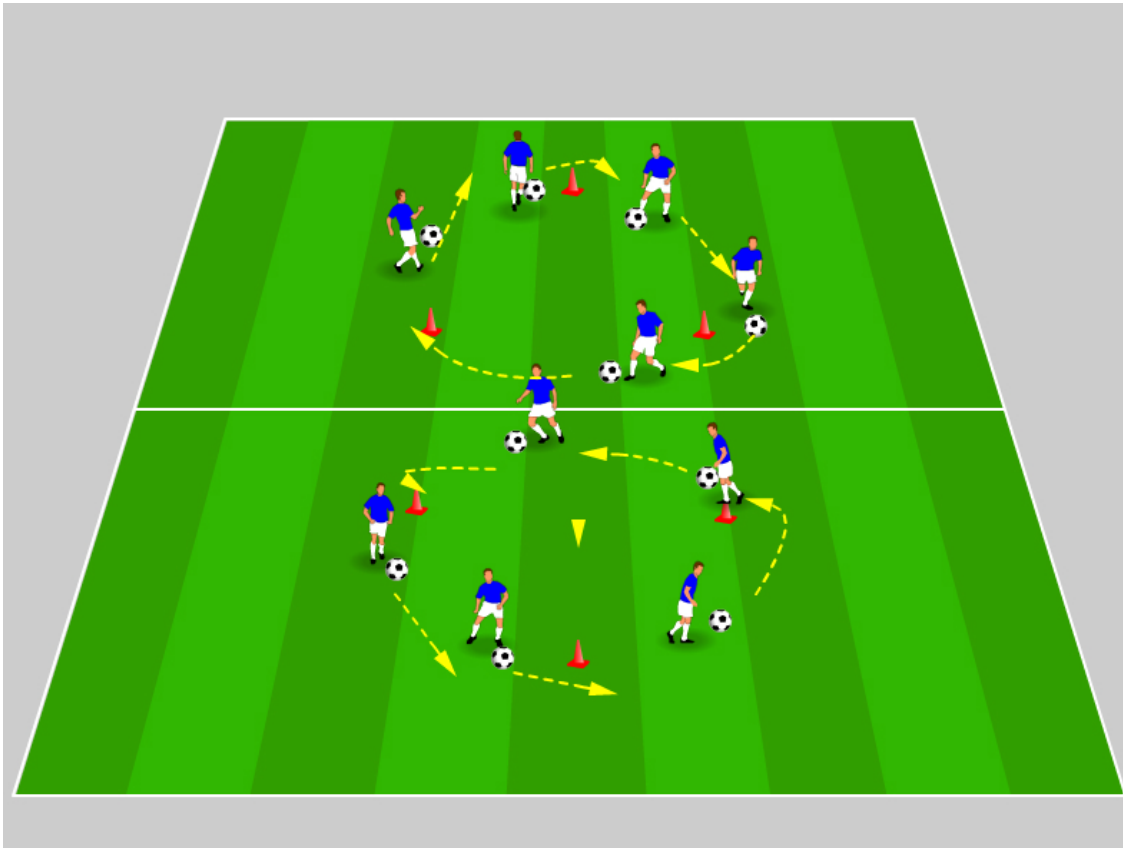




## TRIANGLES



**Date:** 20/Jul/2015

**Measurement:** 20 x 30 Yards

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

**Players:** 0

**Duration:** N/A

**Level:** U5 - U7

**Objective:** , Follow the changing commands of the coaches to move the ball around and/or through the triangle. In the later stages avoid getting caught and keep the ball close while improving cuts.

**Description:** Players are divided into two triangles. Players move the ball around the triangles with emphasis on being able to cut the ball with the insides and outsides of their feet. As commands change, the difficulty increases.

**Coaching Points:** Players are heads up, keeping ball close near the corners or in traffic, move the ball faster and with less touch in open space, Use the inside and outside of their feet to cut and/or turn the ball

**Progression:** Around clockwise, then counter clockwise; SWITCH, change directions; ACROSS- immediately go through; Put parents or coaches in middle to steal players soccer balls on ACROSS; COACH CHASE-coaches chase players on the outside and when tagged ACROSS