



1V1V1 TRIANGLE GAME

Emphasis:

This game will focus on attacking in numbers-down situations and will mainly encourage players to dribble, take players on, shielding and vision to find the open goal. Defensively this game encourages players to stay aware of their defensive shape and tackling players on the dribble.

Game Info:

This is for ages U10-U14. It is best run with at least 3 players but no more than 18 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

In a triangular shape, set three 2 yard goals approximately 15-20 yards apart. With three players, instruct each player to defend a certain goal. These players can score on any of the other two goals.

Instructions:

Goals must be scored by "Dribbling" through the goal and will not count if passed through the goal. This will encourage the players to take on the defenders quickly to get in behind them to score the goal.

Progression:

- Remove the disc cone gates and give each player one 9" tall cone. This cone will serve as the goal. Now Instruct players to knock over the cone to score the goal. This will encourage players to pass the ball into the cone and focus on passing accuracy.
- Create multiple teams
- Can't score in the same goal consecutively

Coaching Points:

- On the attacking player, encourage the players to dribble at players with speed with the intent to get into the space behind the defenders.
- Make sure players are looking up trying to find the most vulnerable goal.
- Defensively encourage players to stay aware of their positioning and recover quickly when transitioning from offensive to defense.
- Defenders to position themselves goal-side and inside from the attacker