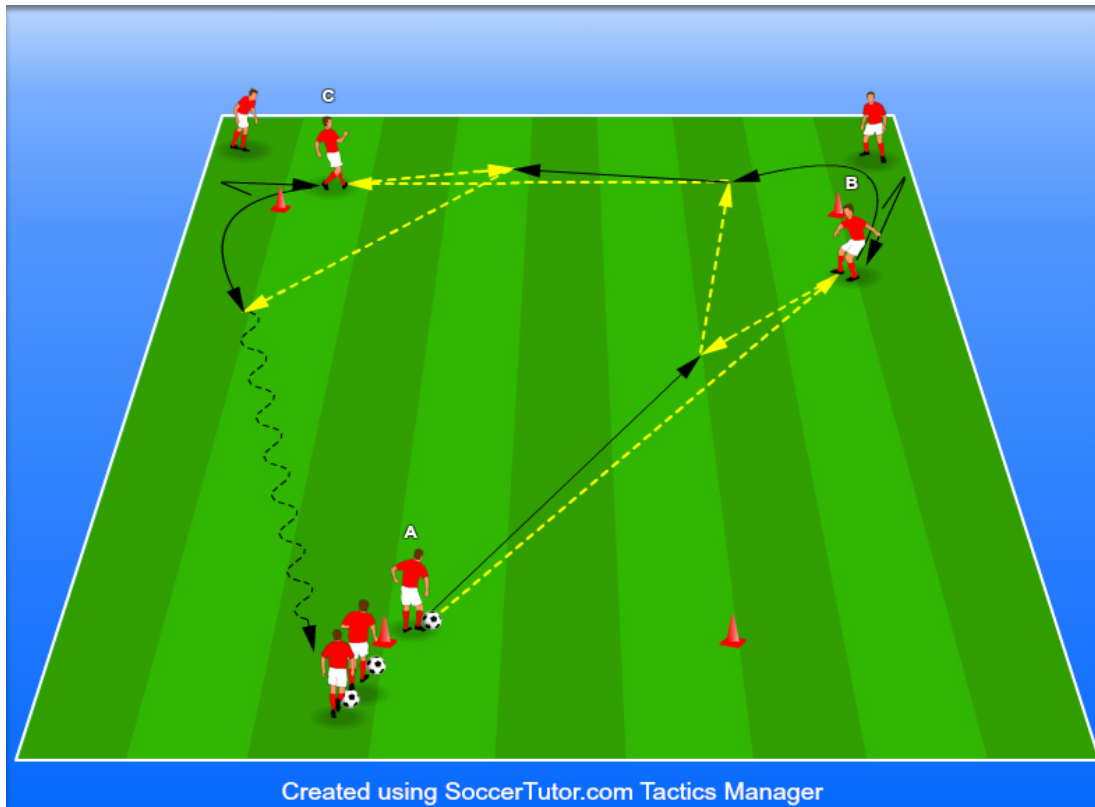


Timing of Movement In Double One-Two Triangle Passing Combination



Levels: U14-Pro

Measurement:

15 x 15 Yards

Duration: 15 Mins

Players:

10

Objective:

Improves short/medium range passing and timing of movement - quick combination play.

Description:

We have players positioned on 3 cones 10-15 yards apart (minimum 2 on each). Player A passes diagonally to Player B who checks away and plays a cushioned pass back for A to run onto. Player A passes back to B again for him to run around the cone onto.

Player B then passes to C who checks away and plays a cushioned pass back. The final pass is by Player B in front of Player C to run round the cone onto and dribble back to the start position. Player A moves to B, B to C and the next player starts the same sequence again.

Coaching Points:

1. Players should be moving when meeting the ball to increase the speed of play.
2. Open body shape - half turned and receive/pass with the back foot.
3. Runs/movements when creating space should be done at pace.

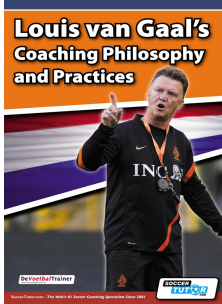
Progression:

Start from the empty cone so that the players practice passing from different angles.

Timing of Movement In Double One-Two Triangle Passing Combination

This Drill is Taken From...

By Coach



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Louis Van Gaal

Manchester Utd
Manager .

Equipment Needed



Space Markers



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Traffic Cones



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Rubber Marker Discs



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Training Ball



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Mini Pro Cones



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