# **TRIANGLE TECHNICAL WARM UP**

## **STAGES COVERED BY ACTIVITY**

Stages 3, 4 & 5 - 9-18 year old players

## **THEMES & COMPETENCIES**

#### Theme:

+ Passing combinations

#### **Competencies:**

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking support.

## WHY USE IT

To physically activate players in a technical pattern warm up, that focuses on passing, receiving and movement with the ball.

#### **SET UP**

3 cones, 10-15 yards apart, make an equilateral triangle. At 2 of the cones there is a player and at one cone there are 2 players. Play commences from the cone with 2 players.

### **HOW TO PLAY**

The warm up activity has a series of prescribed progressions of passing and movement. To begin, players pass to the outside of the triangle in a clockwise direction. The pass should be firm and along the ground. Once a rhythm has been established, the coach can introduce passing combinations, such as a give and go or overlap.

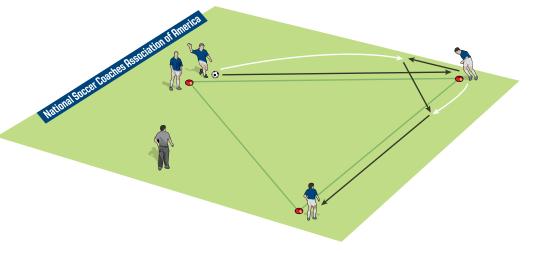
### **COACHING NOTES**

- Coaching objectives to get the players passing and moving with purpose.
- + Coaching tip encourage/ demand technical sharpness as the activity is unopposed.
- Adaptations develop into 1 or 2 touches, and have groups of 4 compete against time.

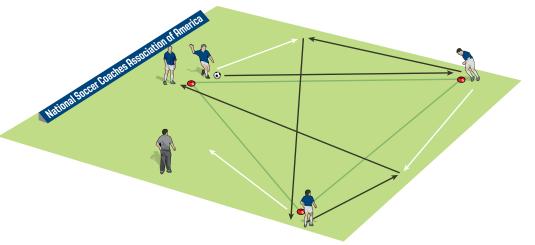




- Helender and the second second
  - + The ball is passed to the outside of the cone.
  - + The passer then follows their pass.
  - + The receiver passes the ball on to the next player.



- + The ball is passed to the outside of the cone.
- + The receiver passes the ball back.
- + A give and go is completed around the cone.



- + The ball is passed to the outside of the cone.
- + The receiver passes the ball back.
- + The ball is passed across the triangle.

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