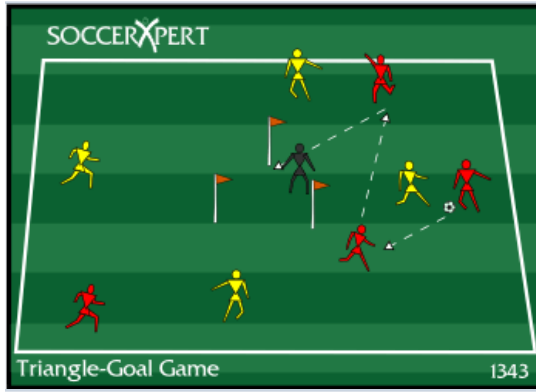




Drill Quick Glance

Age: 9+	Field: 35X35
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: GAME-LIKE
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Training Sticks

Triangle Goal Game

Objective:

The Triangle Goal Soccer Game will focus on all aspects of the game such as passing, moving, and finishing. The players will have to work together as a team to quickly off-balance the defender and catch the goalkeeper off guard.

Setup

1. Create a grid about 35X35. You can adjust the grid larger or smaller depending on the age and skill level of your players.
2. Create a triangle in the middle of the grid (about 5 yards each side) with training sticks or flags to serve as a goal.
3. Place a goalkeeper inside the triangle.
4. Split the group into two even teams of 4v4 or 5v5.

Instructions

1. Instruct both teams to attack the three-sided goal.
2. The Goalkeeper should defend all three sides of the goal.
3. If a team scores a goal, a point is awarded to the team and the ball is live on the other side of the goal.
4. If the goalkeeper makes a save, he is to distribute the ball into open space away from players.
5. For a goal to count, the ball must cross through the goal no higher than the top of the flag or training stick.

Coaching Points

- Focus on on all aspects of the game such as passing, receiving, moving with and without the ball, defending, attacking, and finishing.
- The players will have to work together as a team to quickly off-balance the defender and catch the goalkeeper off guard.

Variations

- Only allow a shot on goal after X number of passes.
- Play in 1 or 2 touches.