



2 v 1 Triangle

Skill – Catching and Passing

TYPE

Open

AGE

13+

Description

- » Players set up in a group of 3, forming a triangle around 5m apart from each other
- » When the coach says go, players pass the ball around the group.
- » When the coach says stop, the player who has the ball becomes an attacker, and the player who passed the ball to him is the defender. The 3rd player, becomes the support player.
- » The player with the ball attacks the defender and uses the support player for a 2 v 1 situation.
- » Players then reset and go again.



Logistics

(20m)



(10m)

Players



3 x Players per group

Equipment



x (0) Markers



Whistle



x (1) Football



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