

Description

Setup: 3 Players with one ball. They form a triangle shape, with each no more than 5 yards apart.

Description: The player with the ball plays to any of the other 2 X's to begin. Instantly after the pass, the passer has to 'Split the 2' (which means running BETWEEN the other 2 x's), and await his next pass. The X who receives, passes to the X which hasn't touched the ball yet and he too Splits the 2 after the pass.

This carries on as a nonstop warm up and passing routine. The players should constantly be moving, trying to keep the basic triangle formation. Rest after 2/3 minutes.

Coaching Points

- Dribbling
- Footwork
- Shielding
- Passing
- Receiving
- Defending
- Tackling
- Finishing Tech
- Throw-ins
- Aggressiveness
- Conditioning
- Spacing Concepts
- Tactics
- Goalkeeper
- Settling the Ball

