

Triangles



Whole Part Whole Session

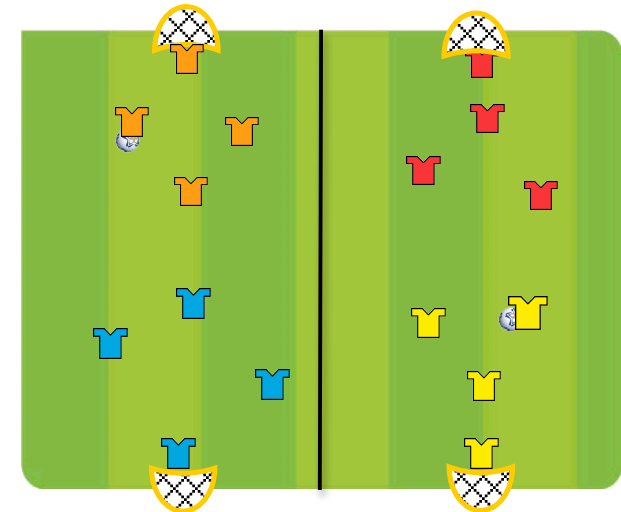
Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

YOUNGER GROUPS FOCUS

- Individual possession skills looking to dribble with the ball
- As they get more comfortable can you dribble with your head up to see if better options available through passing

NB: If you have big groups, consider playing 2 mini-games on each pitch so 2v3/2v2 on one side and same on the other OR play game with 2 footballs



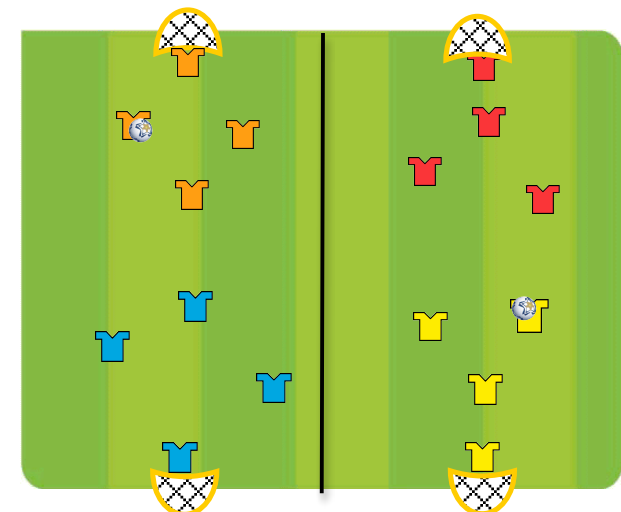
Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

Whole Practice at the end can be 5v5/6v6 mini-tournament OR play 6v6 with subs if numbers cannot allow for 3 teams tournament

OLDER GROUPS FOCUS

- Use pass & dribble techniques to play with the ball



Part Practice - Triangles Game

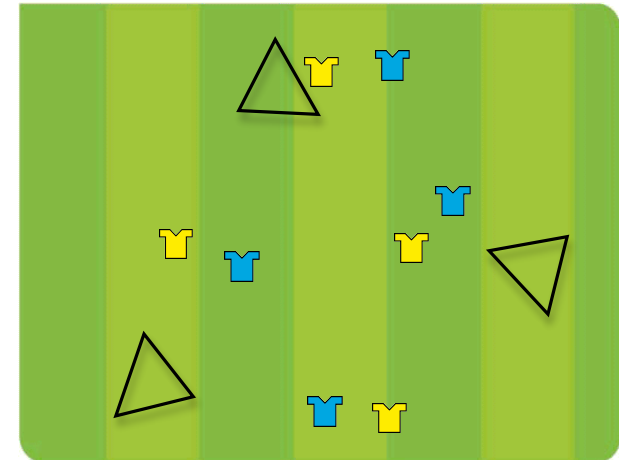
Place 3 triangles evenly spaced around an area (area size dependent upon age and number of players). Players have to travel through a triangle to score

PHYSICAL LITERACY ACTIVITY

Working in pairs, each player has a tail. Attacker has to try and keep their tail safe waiting for opportunities to run through an empty triangle. If partner pulls tail off, switch roles (wait until partner has put their tail back on before re-starting game)

- Players encouraged to keep tail safe by **RUNNING & DODGING**
- Work on various movements skipping, sideways and hopping

Allow opportunities for players to work with other players providing different challenges



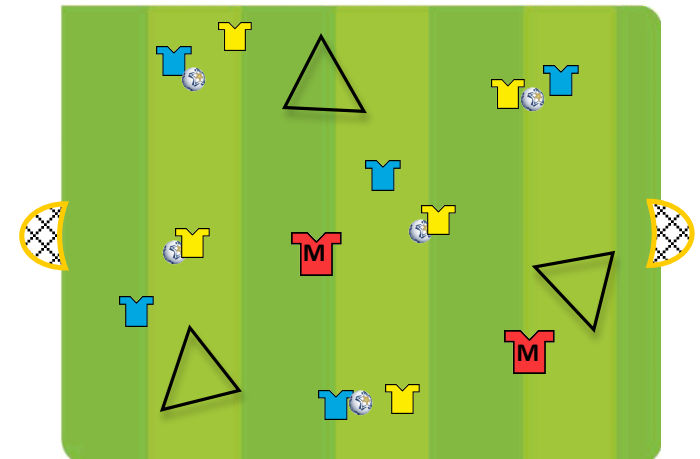
Part Practice

YOUNGER GROUPS

Play multiple 1v1 games, score by dribbling through an empty triangle. With multiple 1v1's, need to recognise when to keep the ball and when to try and go through an empty triangle

Progression Ideas:

- If you can get through a triangle you can now score in one of the goals
- **ADD MAGIC PLAYER;** have to pass to a magic player before making an attempt to score (magic player returns pass to player received from, can be a **FREE** pass back or the magic player can be part of the game so can be tackled like others)



Part Practice

OLDER GROUPS

Play 3v3/3v2/4v3 with floating players working around the perimeter of the area. Floating player returns pass back to the same team as received from (may have multiple games in middle depending upon size of group)

- Score by Dribbling or Passing through an empty triangle
- Teams can attack the goal after playing through a triangle. Encourage teams to keep a track of the score

Progression Ideas:

- Opportunity to coach encouraging players to move away from one another to create space, provide an opportunity to play different types of passes, use individual skill when no passes are on
- Play various types of under/overloads 2v1/2v2 OR 3v2/3v3/4v3

