

Stage-II Small Sided Activity: Triangular Passing, Receiving and Shooting

Setup

Half a normal field with 1 full sized goal. Set 4 cones as shown in the diagram so players maintain proper spacing during the exercise.

Sequence

- A passes a short ball to player B on the ground.
- B using 1 touch (or 2 touches if needed) passing back to A.
- A passes long to player C (with high pace on the ground).
- C passes across to B who has turned and is prepared to shoot on goal.
- A moves to C position, C moves to B position, and B goes back to the half circle (A). Repeat the sequence alternating sides each cycle.

Variations

- 1 touch passing, receive with the outside of the foot. Shoot using the player's weak leg. Allow shooter to dribble and challenge goalie 1v1.
- C plays a chipped ball to B who must control and volley the shot.
- Make it an individual or team game: 1 point if goal scored, 0 if blocked, -1 if the shot misses over or to the side of the goal frame.
- If the goalkeeper makes a save have them throw, punt, or kick the ball to player A who must then receive and control the ball.

Coaching Points

- Players should be passing, running, and shooting at game intensity.
- Goalkeeper should be in ready position and be using good shot blocking techniques, no rebounds or deflections into the middle area.
- Goalkeeper checks back to goal and then comes out to reduce the shooting angle between each shot.
- Players should cushion their 1st touch when receiving the ball, move forward towards the ball when receiving (don't wait, don't back up).
- Players must "look" before they shoot, get it on frame, don't overshoot, give your team a chance for a rebound instead of giving away a goal kick for the defending goalie.

