

Small Sided Games - #17 / Triangle Goal

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated with 4 mini goals and 3 poles or cones to make triangle.
- Two teams of four players.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

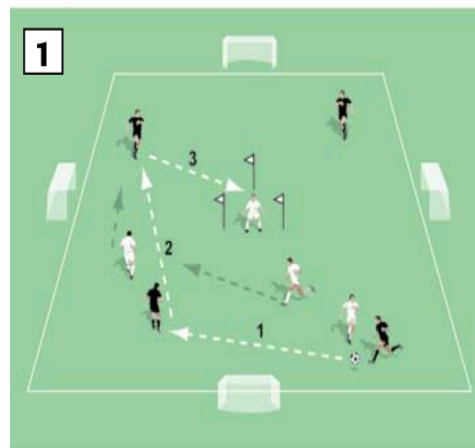
Rules

- One team defends the triangle goal and one team defends the four mini goals.
- The team defending the triangle goal must nominate a goalkeeper whilst the other three players try to pressure and win the ball.
- The game is played for two periods. The roles are reversed for the second period.

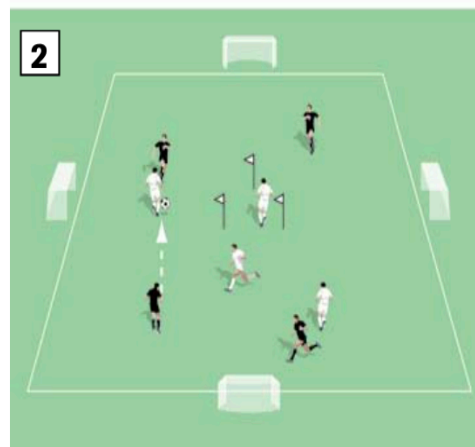
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- When defending, close down the player on the ball quickly.

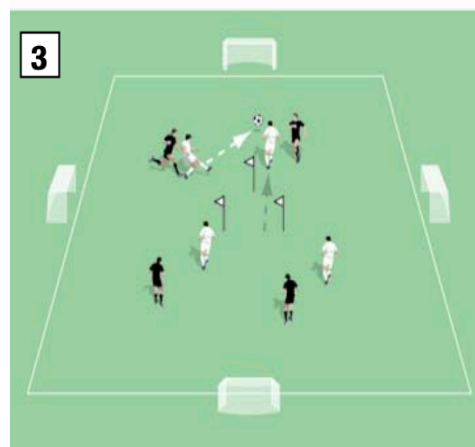
Diagram



1. The black team pass the ball trying to create an opportunity to score in the triangle.



2. The white team press and win the ball.



3. The white team launch an attack on the black team's goal.