One-Two Triangle Passing Combinations

**Objective**
Improves short passing and timing of movement.

**Description**
In a triangle with the cones 20 yards apart there are 2 or 3 players per cone. They set off dribbling from 1 and 3 towards 2 and 1 respectively. The player with the ball passes to the next player in the sequence as shown in the diagram.

The passes played in front of the coaching poles need the player who receives it to control it whilst running. After 10 minutes change direction so the players have to use both feet.

**Coaching Points**
1. Players should move to meet the ball to increase the speed of play.
2. Open body shape - half turned and receive/pass with the back foot.
3. Runs need to be timed well when creating space and should be done at pace.
4. Make sure the players communicate with their teammates and heads are up.
THIS PRACTICE WAS TAKEN FROM THE BOOK:

**Spanish Academy Soccer Coaching**
120 Practices from the Coaches of Real Madrid, Atlético Madrid & Athletic Bilbao

Purchase the Book:

Rest of the World Shop:


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Diagrams were created using www.SoccerTutor.com Tactics Manager Software

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