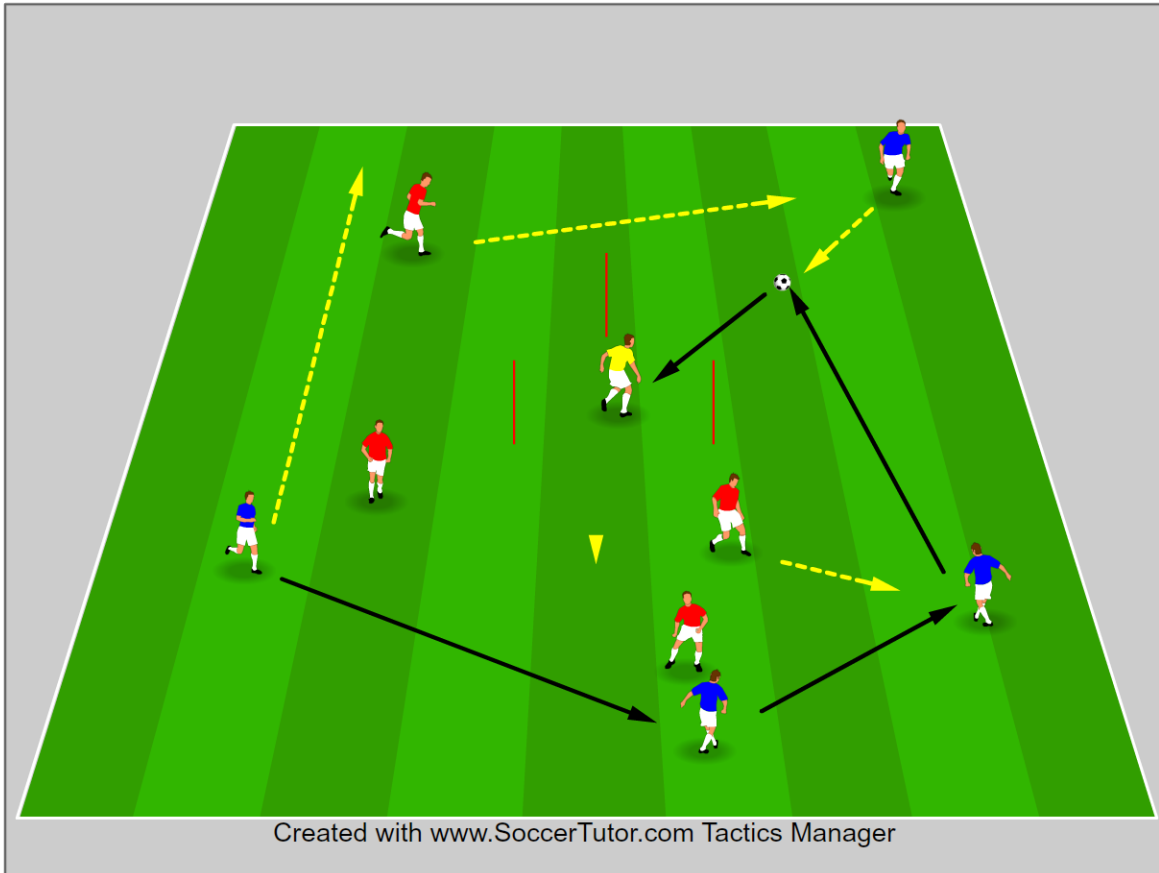


Triangle Goal Game



Date:	23/Apr/2014	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	9
Duration:	N/A	Level/Age Group:	U8 - U18

Description: Instruct both teams to attack the three-sided goal. The Goalkeeper should defend all three sides of the goal. If a team scores a goal a point is awarded to the team and the ball is live on the other side of the goal. If the goalkeeper makes a save, he is to distribute the ball into open space away from players. For a goal to count, the ball must cross through the goal no higher than the top of the flag or training stick.

Objective:

- Increase player mobility off the ball.
- Increase players spacial awareness.

Coaching Points:

- Create new angle to receive the ball.
- Create 1v1 Situations
- Attack defender at pace.
- How do you unbalance the defense?

Progression: