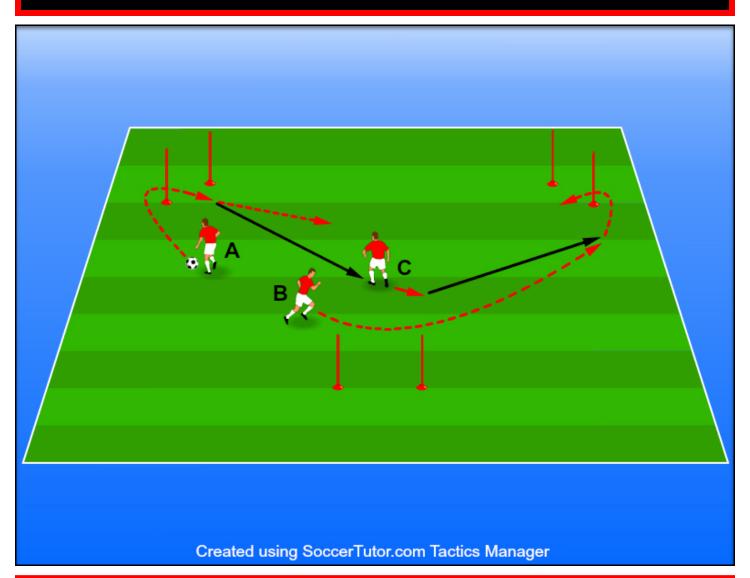
Passing Triangle – Part 3

Fundamental

Passing



Procedure: Player A dribbles thru the gate, and then looks up to play the ball to Player C (or Player B). Player C opens up, and then combines with Player B on the overlapping run. Play continues in this pattern with players dribbling thru the gates, looking to combine with one of the other two players. After five minutes, the direction of play changes to counter-clockwise.

Coaching Points:

- 1 Timing The pass is made to the overlapping player when he reaches a square position
- 2 Support Come to the ball to receive the second pass, then open up with your first touch.
- 3 Vision Watch the combination develop so that you can time your run to the gate correctly.

Progressions/Regressions:

Progression 1 – The players can choose the wall pass or the overlap within each sequence.