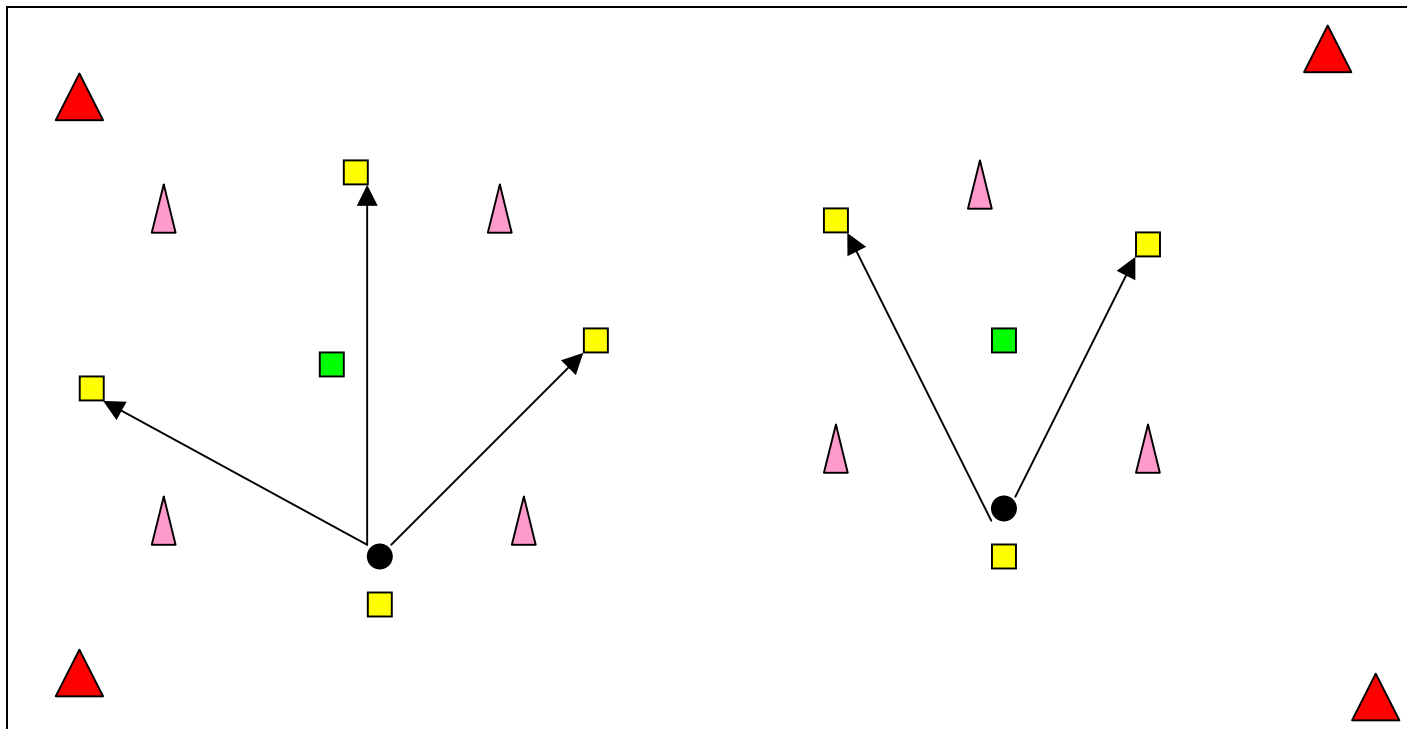
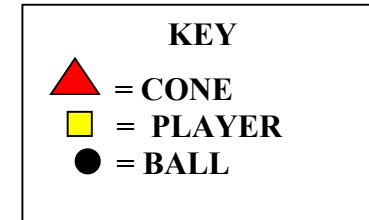


SESSION THREE

THE BEMUDA TRIANGLE



SESSION THREE

Instructions

1. Set up either Squares or Triangles using the cones. (Triangles are easier as there only two possible passes)
2. Place one person in the middle of the Triangle / Square.
3. Place the other players in the spaces between the cones (See diagram above)
4. Basically the game is a “Piggy in the Middle” but the objective is to pass to other players with the ball going THROUGH the middle of the Triangle / Square.
5. If the defender intercepts the ball, they swap with the player who attempted the pass.

Drill Progression

1. Make the game 2-touch or 1-touch passes
2. Place two defenders in the middle
3. Make the Triangle / Square bigger or smaller
4. Pass and then swap with another outfield player

Coaching Points

1. Take the SIMPLE pass first.
2. Shout for the ball
3. Coaching points are the same as the “Through the Needle” passing drill, which precedes this drill.

Equipment

1. 2 –4 Balls
2. 6-8 Cones