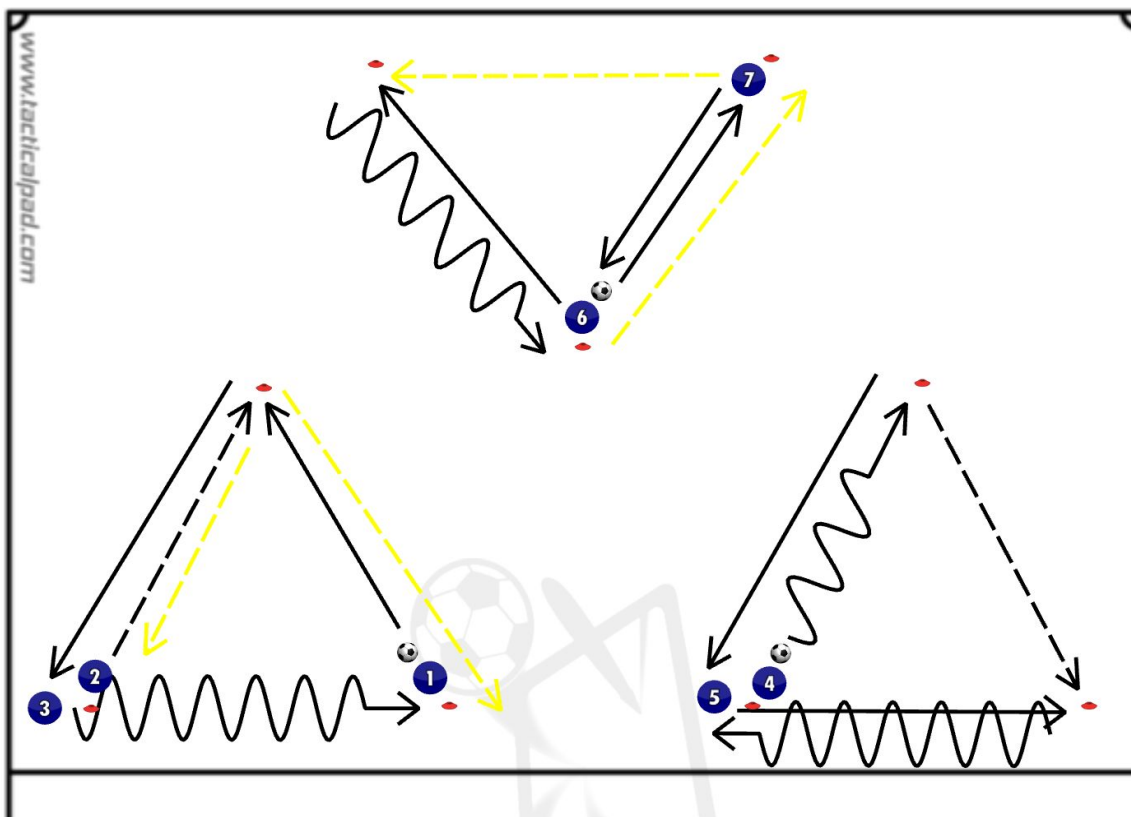




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### Technical pattern of play in the triangles



**PLAYERS AGE:**

Youth Academy

**NUMBERS OF PLAYERS:**

4 on each triangle

**MAIN GOALS**

**TECHNIQUE:**

Passing, Receiving, Feints, Changes of direction

**PLAYER TACTIC:**

"Free" or "Man on"

**TEAM TACTICS:**

/

**SECONDARY OBJECTIVES:**

Throw-ins control

**EQUIPMENT:**

cones, balls

Dribbling, passing and receiving, changes of directions, feints and runs without the ball are combined along the perimeter of triangles. The full black arrows are the passes, the wave arrows are the dribble directions, the dashed black arrows are the runs to receive and the dashed yellow arrows are the position change of the players.

Variation: Passes as throw-ins can be played to control volley balls.