

Triangle Goal

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four mini goals
- Three flags to make a triangle
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

- One team defends the triangle goal and one team defends the four mini goals.
- The team defending the triangle goal must nominate a goalkeeper whilst the other three players try to pressure and win the ball.
- The game is played for two periods. The roles are reversed for the second period.

KEY

BALL MOVEMENT →

PLAYER MOVEMENT →

1

1. The black team pass the ball trying to create an opportunity to score in the triangle.

2

2. The white team press and win the ball.

3

3. The white team launch an attack on the black team's goal.