MEN’S TRIANGLE LINE DRILL

DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Warm Up, Skills
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:

Virtually all line drills can be run in triangles, use for passing and ground balls. Triangle drills are exhausting if run properly, constant motion, players well spread out, changing direction regularly. Triangles should not be run every day, great for variation from standard line drills (1.5 minutes each way, then switch, then rest).

DRILL DESCRIPTION:

Use cones to teach the distance you want the players to run and the triangle form that the players should keep (distances of 15-20 yards between points is ideal) Have the players move the ball in one direction and then follow the pass to the next cone or locations. The player receiving the pass should look to catch the ball on the run and get rid of the ball as soon as they can to the next player. All players should be moving constantly and should work on moving the balls as fast as they can.

SKILLS PRACTICED:

• Ball Movement (Catching and Throwing)
• Strong and Weak Hand Play
• Ground Balls
• Conditioning

VARIATIONS:

Spread players out to increase conditioning and length of passes. You can also reverse directions on a whistle to keep the players moving both directions and reacting to the other players, the whistle, and the situations. Look to have your players do this drill at game speed.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

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