



Diagram Key:



Player running with ball



Pass



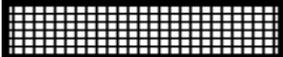
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Barcelona Triangles 1 and 2

Category: Passing/Ball Circulation

Practice Segment:

- Technical
- **Skills:**
- Passing and Receiving

Players: Groups of 6-8

Time: 3-4 min in each direction (12-15 min)

Barca Triangle 1:

Set Up:

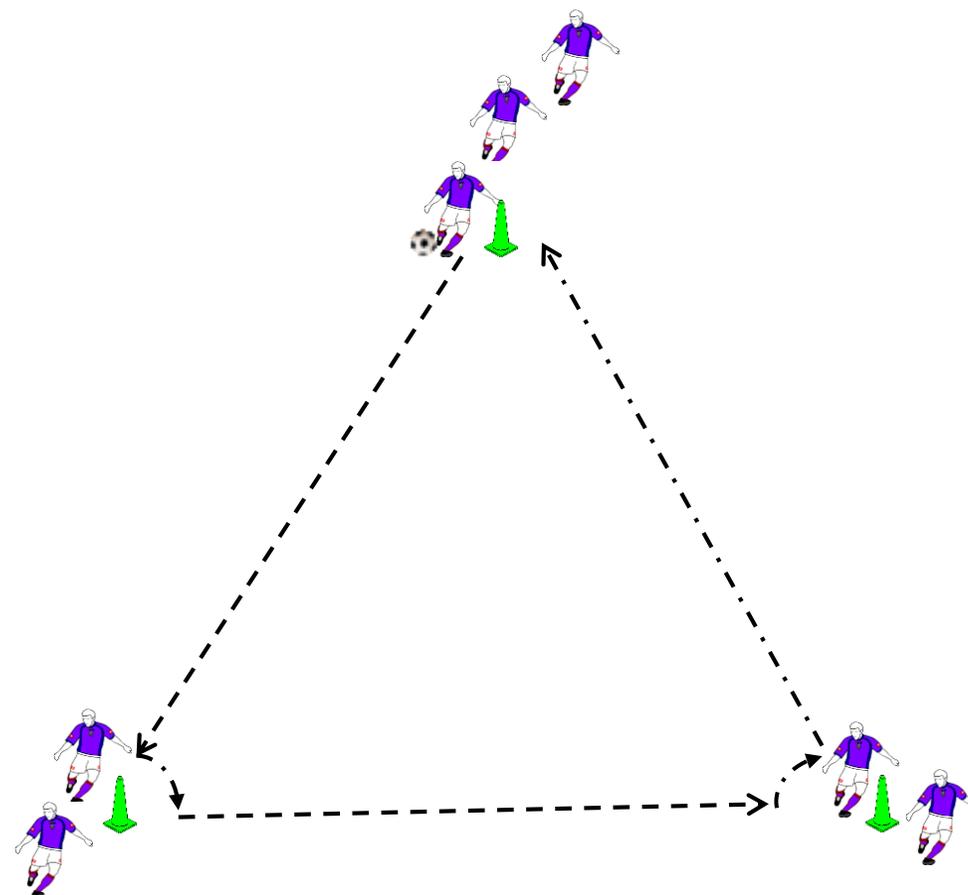
- 3 cones set up the points of a triangle approximately 10-15 yards on each side depending on the technical level of the players.
- 3 players are at the start point and 2 each at the other 2 corners of the triangle.

Action:

- The first player starts the ball at by playing to the next corner in the desired direction.
- The receiving player at that corner must control the ball using the means designated by the coach and pass it on to the next corner.
- The player at the 3rd corner must control the ball and dribble it back to start AT PACE.
- Players rotate one corner after they move the ball on.
- Reverse the direction of the ball after the desired time interval.

Focus:

- Pass with pace and precision
- Pass to the correct foot of the receiving player
- Control properly according to the coach's instructions
- Prepare the ball with the first touch so it can be played with the second touch (do not kill it under your body where it requires another prep touch).



Barca Triangle 2:

Set Up:

- 3 cones set up the points of a triangle approximately 10-15 yards on each side depending on the technical level of the players.
- 3 players are at the start point and 2 each at the other 2 corners of the triangle.

Action:

- The first player (A) starts the ball at by playing to the next corner in the desire direction and follows the pass about half way down the side of the triangle.
- The receiving player at that (B) returns the ball to A and moves to “space” along the side of the box between B and C.
- A plays the ball to B again, with the pass weighted to meet B’s run halfway down the box.
- As B controls and looks up, C makes a “penetrating” run down the next side of the box toward the start point.
- B must play a “final pass” to meet the run of C, who controls while on the run and runs the ball back to start.

Focus:

- Pass with pace and precision
- The pass must hit the runner; the runner must not wait for the pass.
- The penetrating run from C must “leave late and go hard.”
 - This runner would be the player running behind the defense to score in a game and must not be offside. The runner must also allow enough space for the ball to be played into the space ahead of the run.

