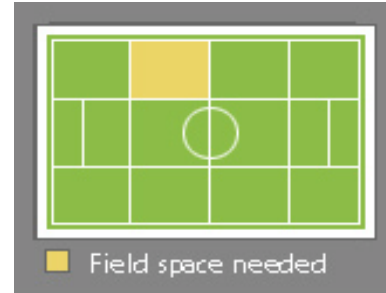


### Materials Needed



Area: 40 x 40

- Cones
- Training Vest

## Triangle Goal Game (Shooting)

### Description:

Two teams of 4 try and score in any one of the three goals which make a triangle shape in the middle of the area. 1 keeper works to protect all three goals. If a goal is score the game continues and if the goalkeeper makes the save they role the ball into space.

### Coaching Points

- Be positive in front of goal
- Strike ball with laces and lock ankle

- Follow up shots

### Progressions:

Ensure you rotate the keeper every 2 minutes.