



January 22<sup>nd</sup> - March 4<sup>th</sup>

# First Kicks: Welcome Activities # 3

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Category: Technical: Possession

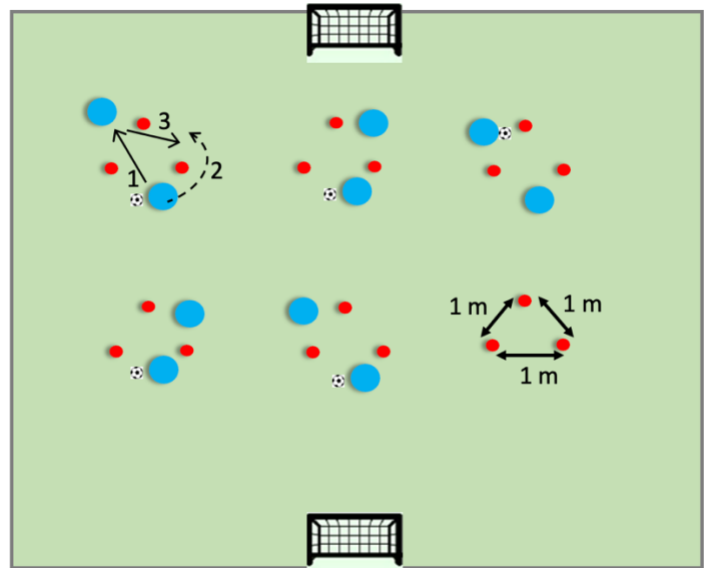
## Triangles

Make six triangles with cones. Divide players into groups of two. Each group has a ball. Players will try to pass the ball through the triangle while moving around it. The first group who makes 10 passes in a row wins.

**Progression:**

Players can only pass with: right foot, left foot, inside, outside, or laces.

**Duration:** 5-10 min



## Fluid triangles

Divide players into groups of three. Each group has a ball. Two players are passers and one player is a defender. Passers try to pass the ball and move inside the field while defenders try to cut their passes. If defenders win the ball, they switch with the passers who lose the ball.

**Progression:**

Put one pug on each side of the field. Passers are allowed to score after three passes in a row.

**Duration:** 10-15 min

