



Triangle of Passes with 2 balls to improve cognition.

Technical Contents:	Offensive.	Passing.
	Defensive.	
Technical Actions:	Offensive.	Wall Pass.
	Defensivas.	
Watchwords	Focus on the importance of the precision and quality of the passes so that the exercise flows properly.	
Parameters.	8 minutes, Central player change every minute.	

Drill Description.

In this drill we practice both the technique of the pass at first touch as the orientation and communication with peers and most importantly the cognitive ability. We will mark with stakes a space of approximately 3 x 3 meters, in the exercise 4 players will participate and two balls will be used simultaneously. Three of the players will occupy the stakes leaving one free, the fourth player will be located in the center of the game space.

The exercise will be started by passing the ball to the central player that will pass the ball to the player who has a free stake to his right, the central player will return the pass in the wall to the player that will move to the free stake and when he get the position the ball will be passed to the player located in The next position. The central player after the return of the ball will be placed with the appropriate orientation to receive the pass of the other player of the group with possession of the ball and will be considered the same action. We will change every minute the center player by one of the outer positions.

Graphic description .



Descriptive video on our YouTube channel. https://www.youtube.com/futbolsiete_eu