



Micro Position Numbers

Category: Tactical: Attacking principles

Difficulty: Beginner

Jeff Mercado, Charlotte, United States of America
Individual-Adult Member

Screen 1

Micro Formation: Triangle

Most of you know this, but we play a triangle formation in Micro.

1. Start the game, the second half, and every restart after a goal is scored by setting up the "diamond." I will be adding painted numbers on the ground to make things easier. Coaches can also refer to those positions by number to help set up players.
2. The diamond has one defender, a left and right midfielder, and one forward.
3. Each start at midfield should begin with a pass to a teammate if possible. Some players simply kick the ball forward. That's fine, but a pass is better.



Screen 2

Training by the Numbers:

We painted numbers on the field to assist in positioning and organization. From this set, so many training options can be used to develop both skill and simple tactical principles. Consider some of the next screens as training ideas, but I encourage you as the coach to create simple ideas and share them with me and each other.



Screen 3

Triangle Drill

I have been using this set-up for years, having been initially taught it by Adidas Coerver as an east coast camp counselor.

When you say go, have the first players in each line dribble to the center cone, turn, and dribble back to the starting cone as fast as they can. If you don't have all eight players, you can stack players behind one another. This, to me, actually works better. Players get used to turning the ball, accelerating, and controlling the ball.

Make the contest a relay, with the team who can dribble in and back three times each first "winning."

