THE SCIENCE OF SHOOTING

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CHAPTER 15
PART 6
TRIANGLE PASSING SYSTEM
Introduction

The 6-on-5 passing situation can use the long 1-6 pass (EU 5-1) or use triangular passing. That is short passes from the 1 and 6 to the outside passers 4 and 5 (EU 4 and 2). The short passes pass the ball quickly around the extra man formation for a quick shot.

There are advantages to both passing systems. A mixture of both passing systems is the ideal. However, in the event of poor passers, the triangular passing system is superior.
Introduction

In this section we will concentrate on the short triangular passes. Triangle passing is a series of three passes that form a triangle. A pass from 1 to 4 to 6 (EU 5-4-1) is an example of a triangle pass. The pass from 1 to 5 to 6 (EU 5-2-1) is the other example of a triangle passing sequence.
The advantage of triangular passing is it avoids the long 1-6 pass (EU 5-1). The long pass in the hands of an unskilled passer is usually overthrown or underthrown.

The 1-6 pass demands a trained passer. Many times at the age group and high school levels there are few passers that can make this pass. Without the short pass sequences, the 6-on-5 throws the ball away.
15. 6-on-5

Triangle passing is a series of quick short passes that beats the defense & the goalie. 
1-4-6, 1-5-6 passes. 
EU 5-4-1  5-2-1
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TRIANGLES

Triangular passing, short passes:
Right Corner 1—Outside Flat 4—Left Corner—6

Right-hander 1

6 Left-hander

Outside Flat 4
LONG PASS VERSUS TRIANGLES

There are two passing systems for the 6-on-5. Long 1-6 (EU 5-1) pass and triangle passing.
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TRIANGULAR PASSING 1-4-6 (Euro 5-4-1)

To eliminate the 1-6 pass (EU 5-1) short triangular passing game was created.

Short passes: Right corner, Outside, Left Corner

Two triangles: Right side triangle 1-4-6
Left side triangle 6-5-1
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TRIANGLE PASSING

Short triangular passes (supposedly) eliminate bad passing: 1-4-6 pass 1-5-6 pass (EU 5-4-1, 5-2-1).

Safer pass because it is shorter pass.

Short quick passes beat long slow passes.
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CAUSES OF THE BAD 6-on-5 PASS
Real cause of a bad pass is the bad passer: vertical, low in water, drags the elbow, weak kick.

A bad passer with short bad passes just takes little longer to throw the ball away.
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MYTH OF THE SAFE PASS

No pass on the 6-on-5 is safe. 5-guard (EU-1) are waiting to intercept the ball. To reduce risk:

1. Strong legs
2. Vertical back, high elbow
3. Correct foot position
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MYTH OF THE SAFE PASS

Low and slow passes are intercepted.

No matter if is a triangle pass or 1-6 pass
a bad pass is never safe.
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TRIANGLE DEFENSE

Guards defend triangular passing system by pressing outside two players 4, 5 and steal ball.

Unpracticed long pass 1-6 is thrown away.
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TRIANGLE DEFENSE

A good team uses a mixture of quick short and long passes to prevent the defense from reading offense and attacking the passer.
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6-on-5 PASSING ILLUSTRATIONS

Following illustrations show a 4-2 extra man.

Four offensive players are on the back line (2m), two players are on outside line (5m).

Long pass 1-6 and triangular 1-4-6.
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THE LONG PASS VERSUS TRIANGLES

Long Pass 1-6  6-1 (Euro 5-1, 1-5)
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Triangles

1-5-6  6-5-1
15. 6-on-5 SHOOTING

Triangles

1-4-6  6-5-1  (EU 5-4-1, 1-2-5)
15. 6-on-5 SHOOTING

Triangles

1-4-6  6-5-1  (EU 5-4-1, 1-2-5)
15. 6-on-5 SHOOTING

Triangles

1-4-6  6-5-1 (EU 5-4-1, 1-2-5)
15. 6-on-5 SHOOTING

Triangles

1-4-6   6-5-1   (EU 5-4-1, 1-2-5)
15. 6-on-5 SHOOTING

Triangles

6-5-1  (EU 1-2-5)
15. 6-on-5 SHOOTING

Triangles

6-5-1 (EU 1-2-5)
15. 6-on-5 SHOOTING

Triangles

6-4-1 (EU 1-4-5)
15. 6-on-5 SHOOTING

Triangles
1-4-6
1-5-6
6-5-1
6-4-1

6-5 Passes
1-5 Passes

4-6 Passes
1-4 Passes
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Triangles
1-4-6  1  2  3  6  4-6 Passes
1-5-6  1-4 Passes
6-5-1  4  5
6-4-1

6-5 Passes  1  2  3  6
1-5 Passes  4  5
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The passers read the defense of the outside guards to see which part of the upper triangle is open. When the guard presses 4 (EU-4) than the pass is thrown to the open 5-player (EU-2).

When both outside passers are covered the only “safe” pass is the long 1-6 (EU 5-1) pass from corner to corner.
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Though triangular passing is quick, the passer always looks at the goalie to see if he or she is open for a shot.

Quick passing does not mean blind “hot potato” passing where the passer is afraid to shoot and never reads the goalie’s position and passes the ball without ever looking at the goal.
15. 6-on-5 SHOOTING

Summary

In concluding, the passers on the 6-on-5 throw short quick passes to catch the goalie out of position. The goalie cannot move faster than the ball. The 1-4-6 and the 1-5-6 are safer passes than the long 1-6 (EU 5-1) pass.
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Summary

The 1 or 6 passer reads the defense to see if 4 or 5 is open to receive the pass. A 4 or 5 passer reads the goalie for a possible shot before passing. Though the 4 and 5 players are a passing bridge to shooters at 1 and 6, there are potential shooters who must shoot if open.
6 on 5 Q & A

1. Long pass is a safer pass than the short 1-4-6 pass.  
   True  
   False

2. Short pass in the hands of an age group passer is a higher percentage pass than the long 1-6 pass.  
   True  
   False

3. Triangle passing is passing the ball from the corners 1 and 6 to the outside passers 4 and 5  
   True  
   False
6-on-5 Q & A

4. The ideal passing system is a mixture of long and short passes.
   True
   False

5. When the guards press 4 and 5 (EU 4, 2) the ball is passed long to avoid an interception.
   True
   False

6. Short quick passes make a quick shot.
   True
   False
6-on-5 Q & A

7. If an outside guard presses 4, then pass to 5.
   True
   False

8. The passer never looks at the goalie but passes quickly.
   True
   False

9. After five quick passes shoot the ball.
   True
   False
6-on-5 Answers

1. F
2. T
3. T
4. T
5. T
6. T
7. T
8. F
9. F
END
Chapter 15
Part 6

Based on Science of Shooting books.
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