



Technical: Diamond Passing

Category: Technical: Passing & Receiving
Difficulty: Difficult

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Individual-Young Member

Description

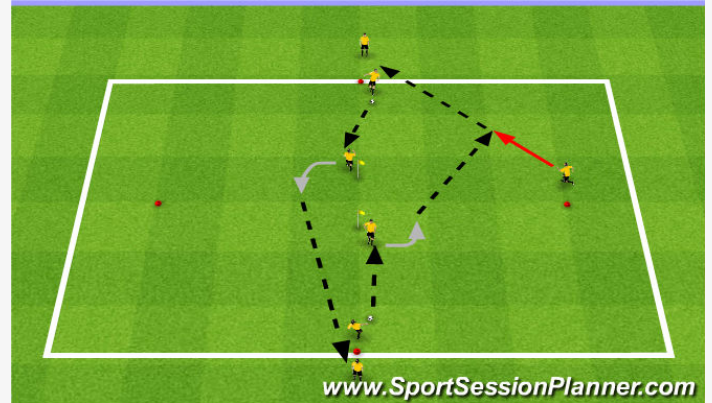
Work on players' ability to play combinations in order to create space and get in behind an opponents defense. Will familiarize players with certain movements, awareness and link up play.

Turn and Pass

Set Up: Diamond can be anywhere between 12 to 20 yard on each side with a 3 - 5 yard gate in the center of the diamond. 2 Balls and 8 players in each diamond.

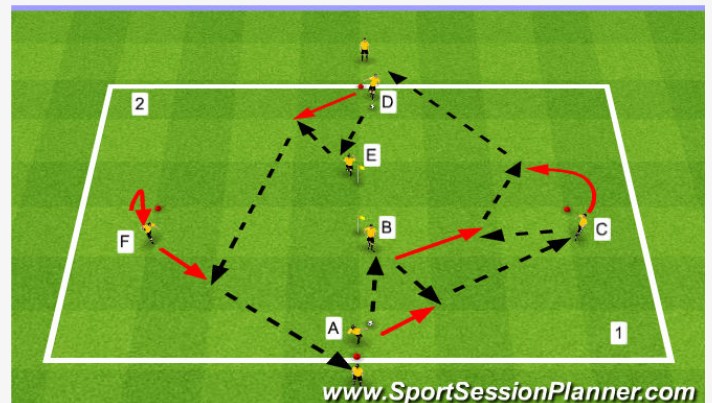
Sequence: We can start the drill with all players in the middle cones, 2 at each end of the gate, facing their teammates on the ends of the diamond. Start with simple passing into the middle, then back to the outside, following your pass. Experiment with one and two touch passing. Players then progress to receiving the ball in the center and turning to one side of the gate and [1] play the ball to the next line or [2] play the ball to the player running on after checking back to creating space to run on to.

Coaching Points: Good pace and accuracy of passes, comfortable on both feet, good intelligent movement off the ball to create space to play in, good tempo and work rate, timing of runs, playing the ball to the front foot



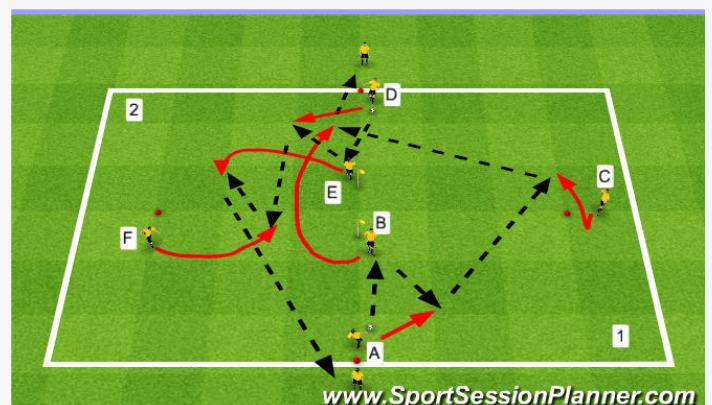
One Two's

Sequence: [1] A plays to B who lays the ball back, A plays out to C who then plays a wall pass around outside cone with B. C should check properly to set up space to work into. Should all be one touch. A to B, B to C, C goes behind D. [2] D plays to E who lays the ball back, D plays the ball through to F who has checked back before making run forward. D to E, E to F, F behind A.



3 Man Combo

Sequences: [1] A plays to B who lays the ball back to A, B spins in the opposite direction of where he played it and spins around the gate. A plays the ball out to C who then plays the ball to B on other end of gate. B plays the ball to the other line. A moves to C, C to B and B to back of D. [2] D plays the ball to E who lays the ball back. F checks centrally and D plays the ball forward to F. E checks under F to receive the lay off, and plays a through ball to the next line. D to F, F to E, E to behind A.



Overlap

Sequences: [1] A plays to B, B lays the ball back to A. B then starts an overlapping run around A and C. A plays a one-two with C then plays the ball to the overlapping B. B plays the ball to the next line. A to C, C to B, B to line behind D. [2] D plays the ball to E, who takes a touch outside to create room. D overlaps E and goes through gate where he receives the pass back. D plays the ball to F while E makes an overlap around F. E gets the ball from F then plays to the line behind A. D to F, F to E, E to line behind A.

