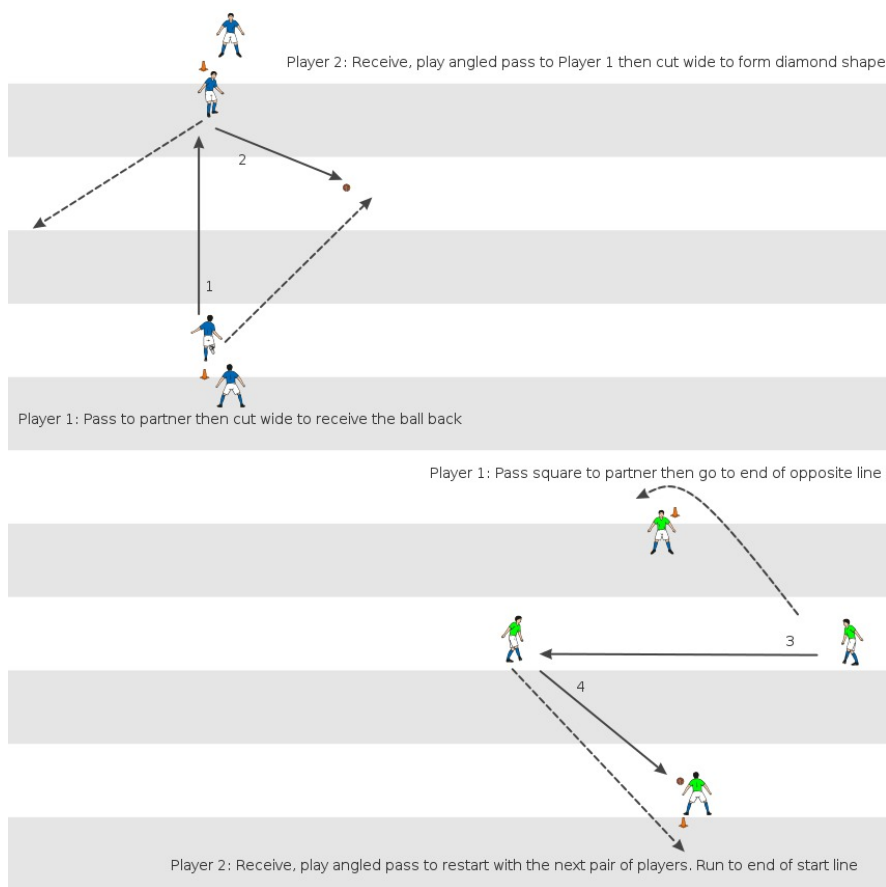


TRAINING EXERCISE

Diamond Passing Sequence



	Passing and Receiving Ball Control
	U9 to Senior
	Players
	Intensity:
	00:00 min (x 00:00 min, 00:00 min rest)

Objective

Improve mid-range passing and ball control

Description

Groups of 4 players with pairs passing and moving in rotation about 12 yards apart

Coaching Points

Communicate. Encourage players to get into wide positions - the square pass in the middle of the sequence should be at least as long as the initial vertical pass. U10 and U11: strive to play two touch but value ball control over speed of play. U12: encourage players to anticipate flow of the ball, increase speed of play and heavy-weighted passing