



Session Type: House League Level

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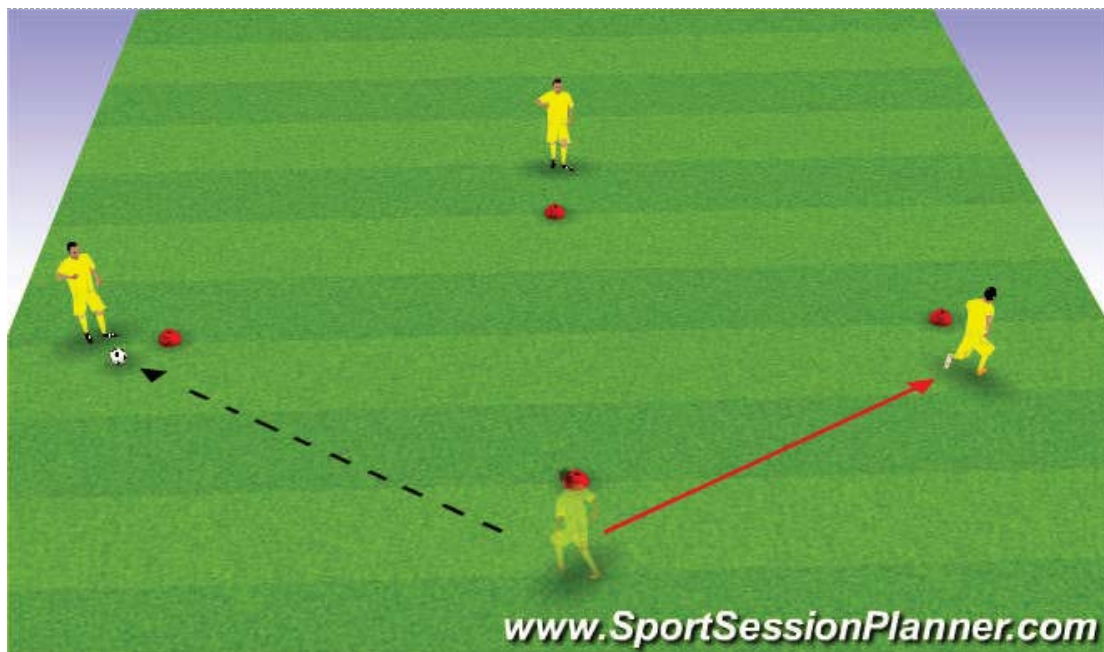
## Description:

Three diamond passing sessions exist in practice session 6

## Diamond 1 - Passing and Moving (10 mins)

### Setup:

a) Set up a diamond with cones separated 5 yards apart. Three players placed outside the diamond with one ball.



### Instruction:

- a) Player makes a pass to teammate and moves quickly to the empty cone.
- b) Player receiving the ball takes a touch to control pass, passes to other teammate and moves to empty cone.
- c) Passes can travel outside diamond or across the diamond.

### Coaching Points:

- a) Encourage player to move quickly to empty pylon.
- b) Emphasise passing and receiving techniques.
- c) Players should stand off the cones.

## Diamond 2 - Passing and Moving (10 mins)

### Setup:

a) Set up a diamond with cones separated 5 yards apart. Four players outside the diamond with a ball each, one at the centre of the diamond without a ball.

### Instruction:

a) Player at the centre turns to a teammate outside the diamond and asks for the ball.

b) The ball is passed in, controlled and returned to same player.

#### Control options:

- Instep – control and return pass with same foot.

- Instep – left to right and right to left foot.

- Outside of foot.



### Coaching Points:

- Player at the centre, dictates who passes from outside by their movement and communication. Encourage player in centre to work hard.
- Good passing and receiving technique.
- Work centre for one minute and switch.

#### Progress:

- Remove a ball but have the same number of players.
- Player at centre must pass to the player without a ball.
- Players on outside communicate to tell player at centre where target player is.

## Diamond 3 - Passing and Moving (10 mins)

### Setup:

a) Set up a diamond with cones separated 5 yards apart.

b) Five players stand outside the diamond

c) Play starts with two players at one cone, one with the ball

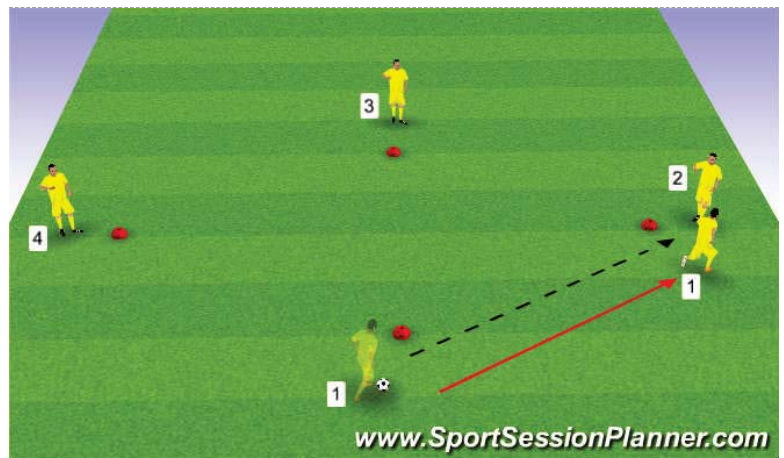
### Instruction:

a) Player 1 with the ball makes the pass to the player 2 to their right and follows pass.

b) Player 2 controls and passes to player 3 and follows pass.

c) Pass, follow play continues around the diamond

d) Progression: Play the opposite way around the diamond to that shown above with left footed passing.



### Coaching Points:

- Player receiving the ball must step away from the cone (treat cone as defender)
- When receiving and controlling ball, first touch is in direction of the pass you want to make