

Drill Number

40

Min Age Group:

U10

Min # of Players

4

Drill Name

Keep the Diamond

Min Time Required

5

Description

Setup:
Create a 20x20 grid. Four Players working as a team are inside the grid with one ball.

Description:
Play 4v0 in a grid. As the ball is passed all players except the receiver must move to a different space. This requires the three players moving to react to how their teammates are moving to avoid having two people end up in the same area. When done properly this drill is very hard and very tiring. The drill requires constant movement with momentary stoppages.

One of the biggest problems is initiating the movement after each pass. It is difficult to move to an area that is currently occupied by another player trusting that that player will leave the area before you arrive.

The receiver of the pass should do several footwork moves before making the next pass.

Make sure the passer moves off quickly and does not stand waiting to see how the pass turned out.

Once the concept is mastered add a defender. Normally the movement will stop or become the standard movement to the ball to support the receiver.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

