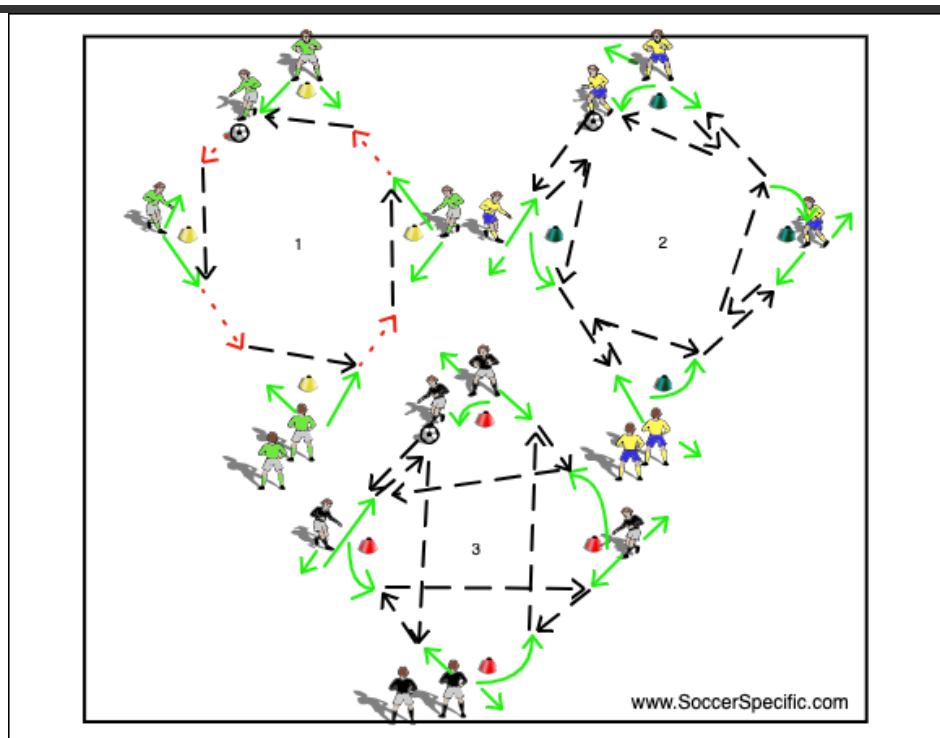




Diamond Passing Warm Up



⌚ 6X2 Min ↗ 12X12

Setup

Passing warm up, three different passing sequences as shown, 16-24 players with 2-4 similar diamond set ups as needed, cones are 12 yards apart. 5-6 players per grid, plenty of extra balls.

Instructions

Pattern 1: player 1 penetrates on the dribble, player 2 checks away and then shows for the ball, player 1 slips him through to space on the other side of the cone (defender) pattern continues with player 3 and 4, continuous circle. Pattern 2: player 1 plays it into player 2 who has checked away and then shows for the ball, he plays a give-and-go back to player 1 and then player 2 receives it on the other side of the cone (defender), continue sequence with players 3 and 4. Pattern 3: same as pattern two but player 1 plays a longer pass to third man who lays it off to player 2, sequence continues the same. Two minutes each direction, three different patterns. 12-15 minutes total.

Coaching Points

Creating space for yourself by checking away, passing and receiving technique, timing of runs, communication, weight of passes, player awareness, establishing a passing rhythm. Passing should be continuous. To increase difficulty add a second ball, replace cones with mannequins or live defenders.