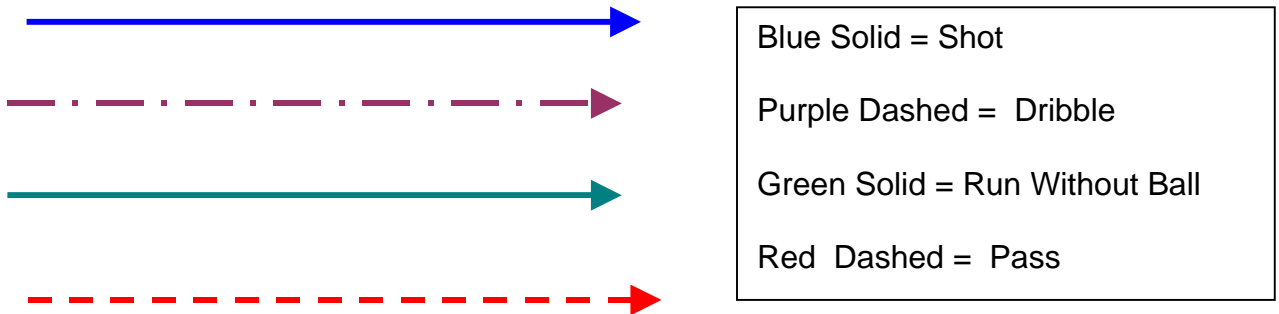


The Diamond 4: Under 12 Pass and Move

This is a simple pass and move exercise suggested by David Graham a coach from Canada who moderates the soccer coach e-mail list.

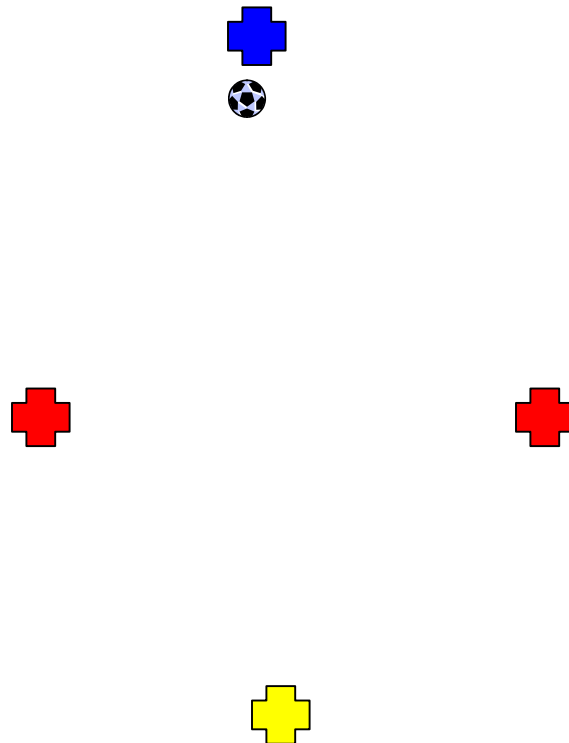
This exercise is fluid and moves alternately in two directions. This exercise can be progressed to a one-touch drill at higher intensity

The following convention is made.

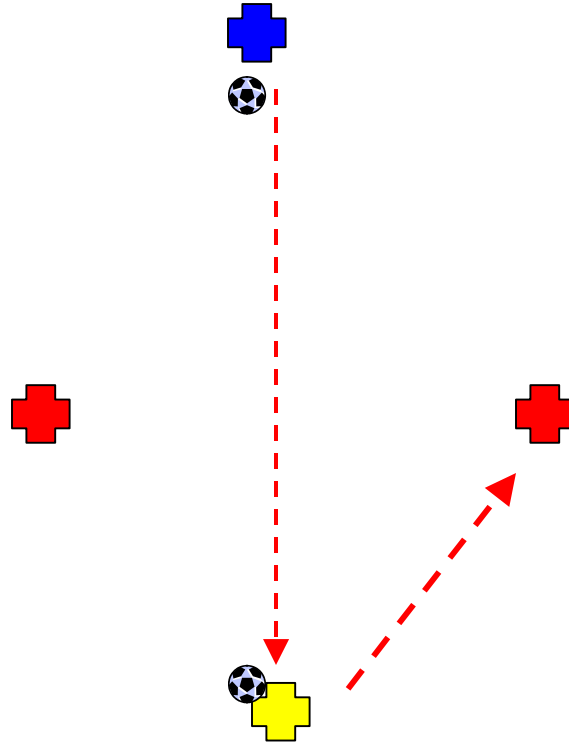


Set Up and Execution

Create a diamond shape about 25 yards long and 15 yards wide. Two players are midfielders, one player is a forward and another player is a defender.



The defender plays a long ball to the forward who makes the easy pass back to one of the midfield support players.



The other midfield player overlaps towards the forward as the forward moves into the support position vacated by the midfielder. The other midfielder who has the ball plays it to the space in which the overlapping midfielder receives the ball. We started out with going through the motions, but then upped the ante to one touch.

The overlapping midfielder must receive and push a long ball in the opposite direction in one touch. This is not easy by any stretch of the imagination. The overlapping midfielder must now really hustle to receive the ball in such a way that they are set up in their passing position. Once the groups were able to put a few of these together I made the drill competitive between the groups. The key here is not only the touch, but that the players have to hustle to move into the proper passing position. This was where I was thinking we were failing in our one-touch passing drill.