

DIAMOND SHAPE PASSING DRILL



Players:
+6



Time:
20 min



Focus:
Passing



Age:
U10+



Intensity:
6/10

SETUP

- Arrange 4 cones in a diamond shape, with the two wide cones 20 meters apart.
- Place the two middle cones 15 meters apart, centered between the wide cones, with one player at each middle cone and the rest split between the two wide cones.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

The Diamond Shape Passing Drill teaches players to play on the third man. The starting player passes into one middle player, who plays across to the other, and that player lays the ball off for the starting player to pass on to the opposite cone. In the first variation the starting player runs between the middle players, and in the second the starting player overlaps the first receiver. Keep the middle players attacking the ball with momentum, and rotate them every few minutes. The drill develops first-time passing, first touch, movement after the pass and fitness.

