	Skill Level	Date	Age Groups
	Intermediate	**Title:** Dutch Passing - Diamond	U10 U12 U13+

Skill Focus:
Ball Control Passing

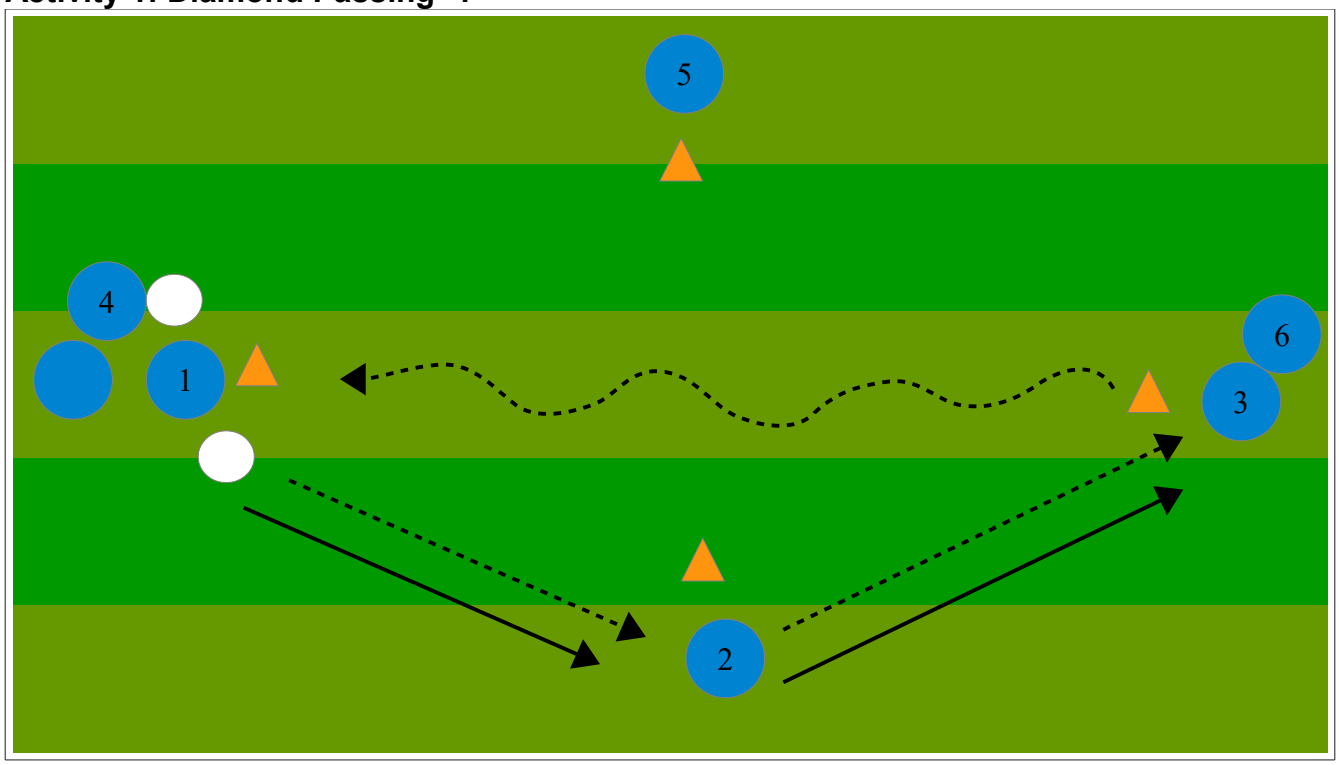
Session Description:
This session is focused on passing, receiving and movement without the ball. Each activity is a progression of

Warm up:
Play Simon Says, use toe touches, step overs, scissors, tick tocks etc.

Scrimmage:
Multiple, 4v4 scrimmages with the players set up in a diamond shape. If you need to run 5v5 add a goal keeper.

Notes:
Only spend 10 minutes per activity.
The set up is the same for each activity.

Activity 1: Diamond Passing -1



Setup: Set up 4 cones 15 yd apart

Time: 10 minutes

Equipment: Cones and balls

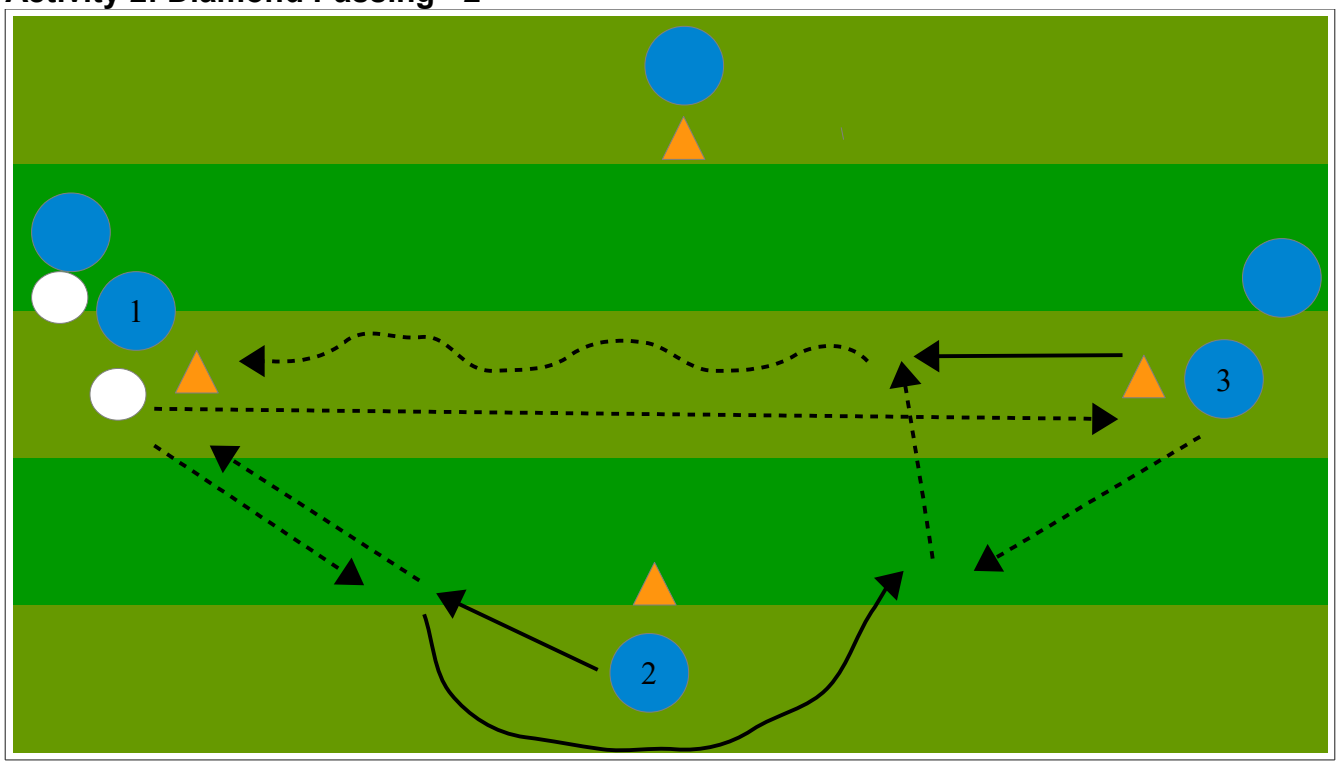
Description:
Player 1 passes to Player 2 and follows the pass
Player 2 passes to Player 3 and follows the pass
Player 3 dribbles down the middle

When Player 2 makes their pass, the sequence goes in the opposite direction
Player 4 passes to Player 5 and follows the pass
Player 5 passes to Player 6 and follows the pass
Player 6 dribbles down the middle.

Coaching Points:

- Good passes
- Check off of the defender to receive the ball
- Good body shape to receive the pass.

Activity 2: Diamond Passing - 2



Setup: Set up 4 cones 15 yd apart

Time: 10 minutes

Equipment: Cones and balls

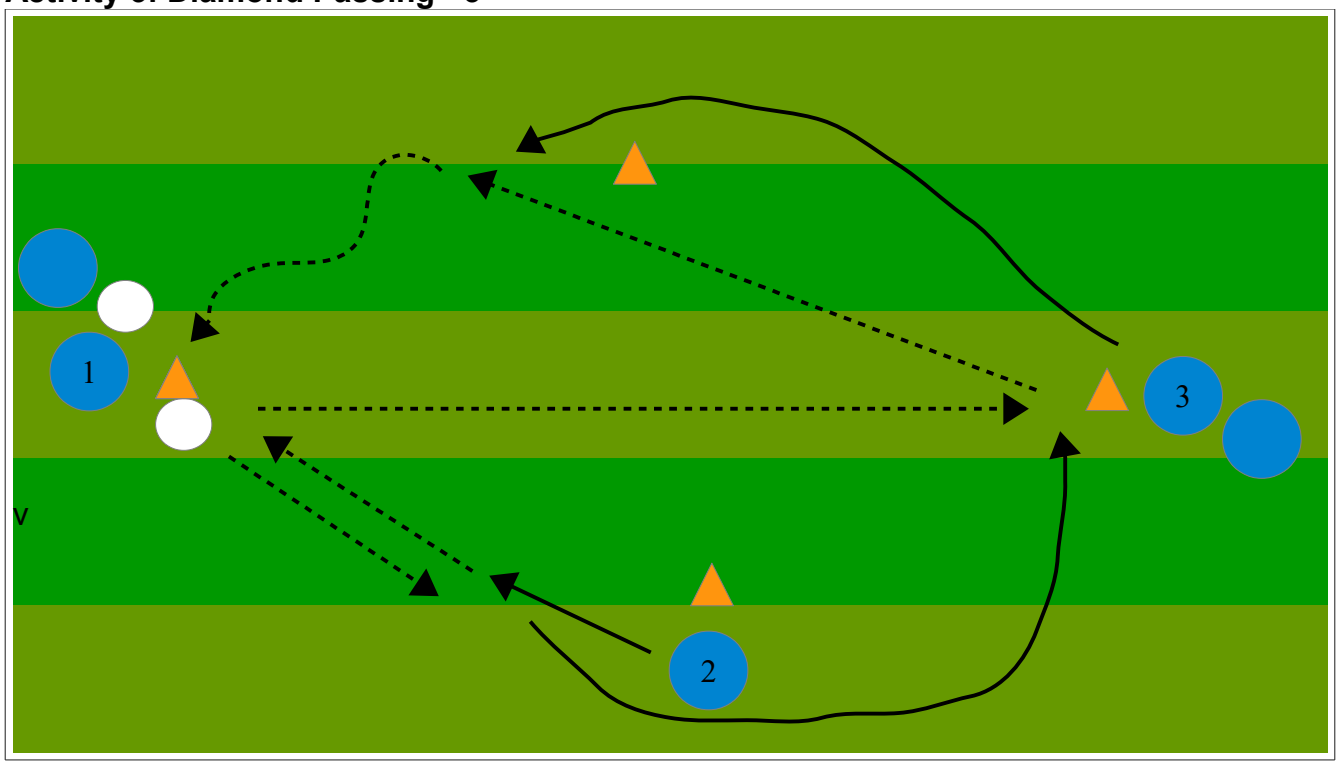
Description:
We add a long pass and a give and go in this progression.
Player 1 passes to Player 2
Player 2 plays 1 touch pass back to player 1 and starts an overlapping run toward player 3
Player 1 makes a long pass to player 3 and moves to player 2s spot
Player 3 plays a pass to player 2
Player 2 plays a one touch pass (give and go) back to player 3
Player 3 dribbles down the middle

When Player 1 makes the long pass, the sequence starts with the next player in the opposite direction

Coaching Points:

- Player 2 check toward player 1
- Strong pass to player 3, can travel in the air, but needs to be on target.

Activity 3: Diamond Passing - 3



Setup: Set up 4 cones 15 yd apart

Time: 10 minutes

Equipment: Cones and balls

Description:
We add a long pass and an overlapping run
Player 1 passes to Player 2
Player 2 plays 1 touch pass back to player 1 and starts an overlapping run toward player 3
Player 1 makes a long pass to player 3 and moves to player 2s spot
Player 3 stops the ball and starts a run around the far cone
Player 2 plays a long pass to player 3
Player 3 dribbles back to the start

This activity is played in only 1 direction so put multiple players on the first and second cone

Coaching Points:

- Player 2 check toward player 1
- Strong pass to player 3, can travel in the air, but needs to be on target.
- Player 3 has to hustle to get to the pass