

Diamonds

Category: Attacking

Length: 00:15 Rec. Players: 12

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Practice Theme/Topic

Counter Attacking

General Notes

The game can be played with a group of players (12-14) which should be reflected in the size of the playing area.

Aims & Objectives

Pitch area in the shape of a diamond. Players play in areas: 3v1 / 1v1 / 1v3.

GK plays into defenders (Reds) who can choose to shoot early from distance or play into next area to create 2v1.

Players in middle can shoot early or break into forward area to combine and score 2v3.

The Red Team score by combining to make 5 passes in the middle zone before breaking out to attack opposition goal.

If Blue Team intercept they can attack straightaway.

Reset the players into their areas and restart play from opposite end.

Organisation & Setup

EQUIPMENT: Bibs, Balls & Cones (BBC)

SPACE: Use a rectangle suitable for number of players.

5 Red Team players + GK
5 Blue Team players + GK

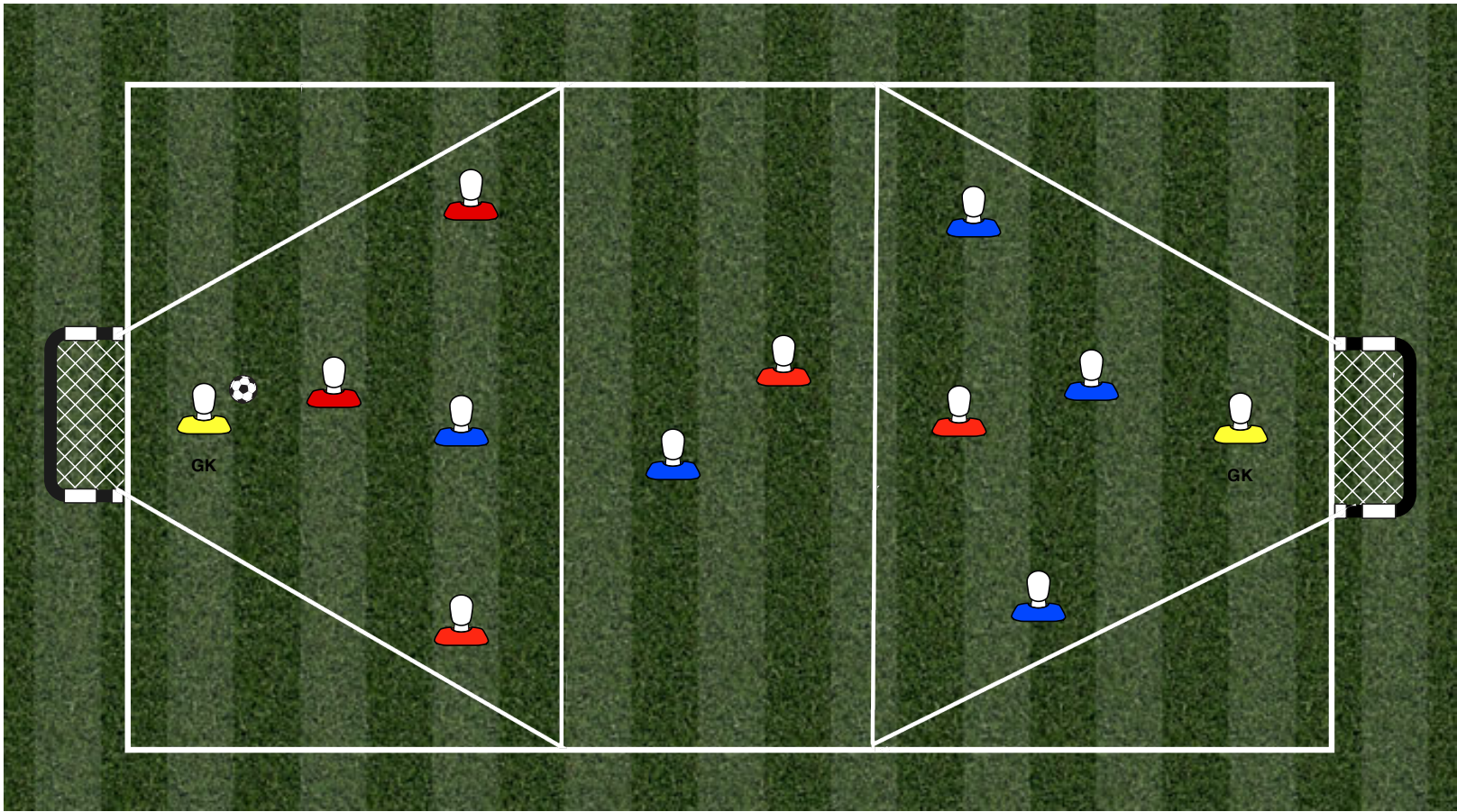
Coaching Factors & Outcomes

See 'Coaching Points'.

Adaptation & Progression

1) Introduce a scoring system i.e. rebounds count double, shooting from distance is worth 3 close range worth 1 (vice versa).

2) Remove the middle section and play 2 halves in the diamond shape 3v2 / 2v3.



Coaching Point #1

Play with your head-up; look for teammates & opponent(s)

Can you shoot early?

Coaching Point #3

Try to receive the ball whilst travelling to maintain speed & attack the goal

Coaching Point #2

Movement off the ball to position yourself to receive the ball between players (gaps)

Are you in a good position to receive and shoot quickly?

Coaching Point #4

Decision on whether to pass or travel with the ball?

Decision on when & how to shoot?