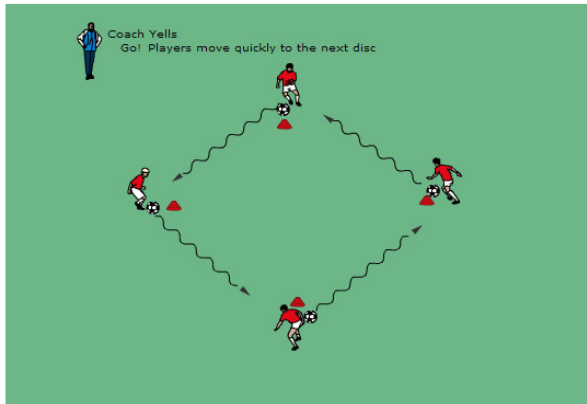


## Everton Youth Diamond Dribbling Circuit



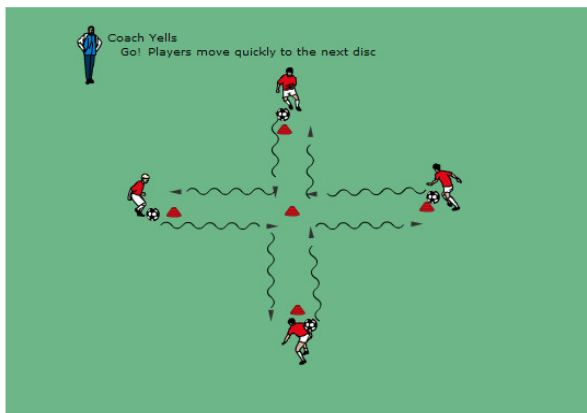
- Inside stepover

After 2 or 3 minutes change the direction of the players' movement. This will force the players to use both feet. Ask the players to remain "soft on their feet", no heels touching the ground.

### **Focus:**

- Proper technique
- Moving at speed

*Progress to:*



After 2 or 3 minutes change the direction of the players' movement. This will force the players to use both feet. Ask the players to remain "soft on their feet", no heels touching the ground.

### **Focus:**

- Proper technique
- Moving at speed

**If you enjoy this exercise Coach Donahue recommends:**

### **Possible next Activity:**

1v1 to 2 Goals Acceleration Exercise  
1v1 to 4 Goals with Lateral Sprint

### **Match Related Game/Exercise to Goal:**

1v1 Passive to 1v1 Active Shooting Exercise  
1v2 to 2 Goals

**The Set-up:** create a diamond with discs about 8 to 10 yards apart. Each player has a ball and stand approximately a yard behind the disc.  
**The Exercise:** When the coach yells Go! Players accelerate with the ball to the next disc.

Coach can ask the players to carry out a specific movement before moving to the next disc.

- Step behind the ball
- Scissors Move
- Pull Back open up

**The Set-up:** Same as above, but now add an additional central disc.

**The Exercise:** When the coach yells Go! Players accelerate with the ball into the middle prior to moving to the next disc.

Coach can ask the players to carry out a specific movement before moving to the next disc.

- Step behind the ball
- Scissors Move
- Pull Back open up
- Inside stepover