



Developing Movement & Awareness

Peter Mellor Diamond Exercise	Description
<p style="text-align: right; font-size: small;">www.sportgrafiken.de</p>	<p>The Set-up: One Ball, 12 players initially divided into 4 groups of 3 in a Diamond shape.</p> <p>The Exercise: You can play the ball to the first person in any of the other three lines. You <u>must</u> immediately run “move off your pass” to either of the other two lines (you cannot move to the back of your own line).</p>
<p style="text-align: right; font-size: small;">www.sportgrafiken.de</p>	<p>Rule: You must keep all four lines. Players will need to have an awareness of where to move and which line to pass to as the exercise progresses.</p> <p>Pass should be made on either the first or second touch.</p>
<p style="text-align: right; font-size: small;">www.sportgrafiken.de</p>	<p>Note: When a line is down to a single player (pictured left). You cannot play that person the ball without losing the 4th line since the rules don't allow for you to follow your pass and/or for a player to remain in the line that they were just in after playing the ball!</p>
<p>Focus:</p> <ul style="list-style-type: none"> • Crisp Passing • Quick Decision Making • Immediate Movement off the ball 	<p>Coaching Demand: <i>Players should be constantly asking themselves, “If the ball comes to me now, who am I going to give it to and where am I going to move.”</i></p>