

Developing Movement & Awareness

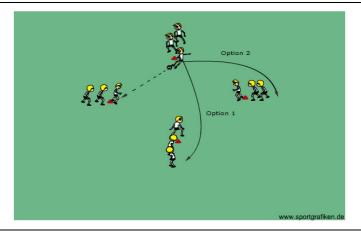
Peter Mellor Diamond Exercise

Option 1 Option 2

Description

The Set-up: One Ball, 12 players initially divided into 4 groups of 3 in a Diamond shape.

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).



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.

Pass should be made on either the first or second touch.



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!

Focus:

- Crisp Passing
- Quick Decision Making
- Immediate Movement off the ball

Coaching Demand: 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."