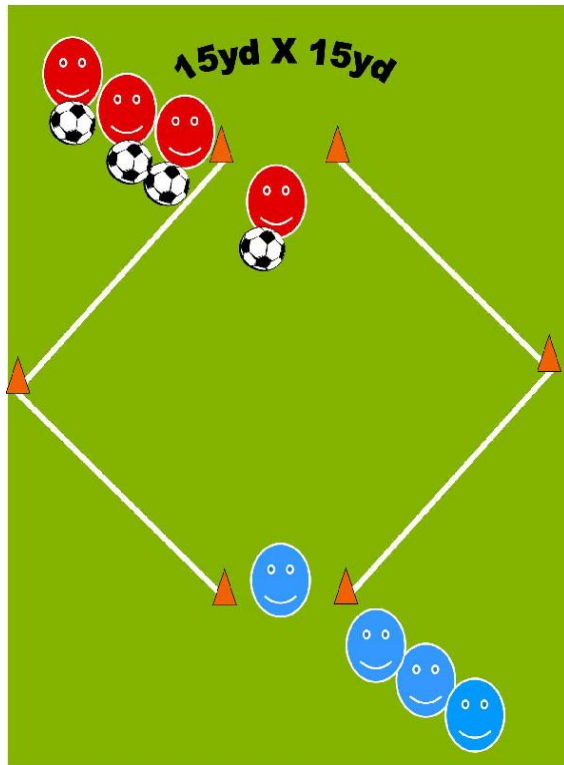


Diamond Drills (U8 & Up)



Create a grid in the shape of a diamond with two small goals on opposite ends. Have players divide themselves up and stand beside each of the goals - only one line should have soccer balls (the players with the soccer balls will act as the defenders). The first player with the ball (red - defender) should pass to the first person in the opposite line (blue - attacker). The attacker should then attempt to get around the defender and score on the defender's goal. If the defender wins the ball from blue, he should try to score on the attacker's goal.

Focus:

Use this drill to focus on one particular part skill at a time. It may be used: (1) to train defenders on appropriate stances and how to shepherd attackers away from the goal (2) emphasize the need to close in on attackers quickly (3) train attackers on how to beat defenders in one-on-one situations (4) emphasize the importance of looking to shoot quickly, etc.

Variation:

1. Add another defender (2v1) to focus on the role of the "second" defender in offering support behind the first (or initial) defender.
2. Add another attacker (2v1) to focus on the role of a "second" attacker in offering support and options to the first attacker.
3. Enlarge the grid if needed, and play 2v2. This will test the second defender's ability to cover an attacker while offering support to the first defender. It will also force the attackers to think more creatively in how they should penetrate the defense.