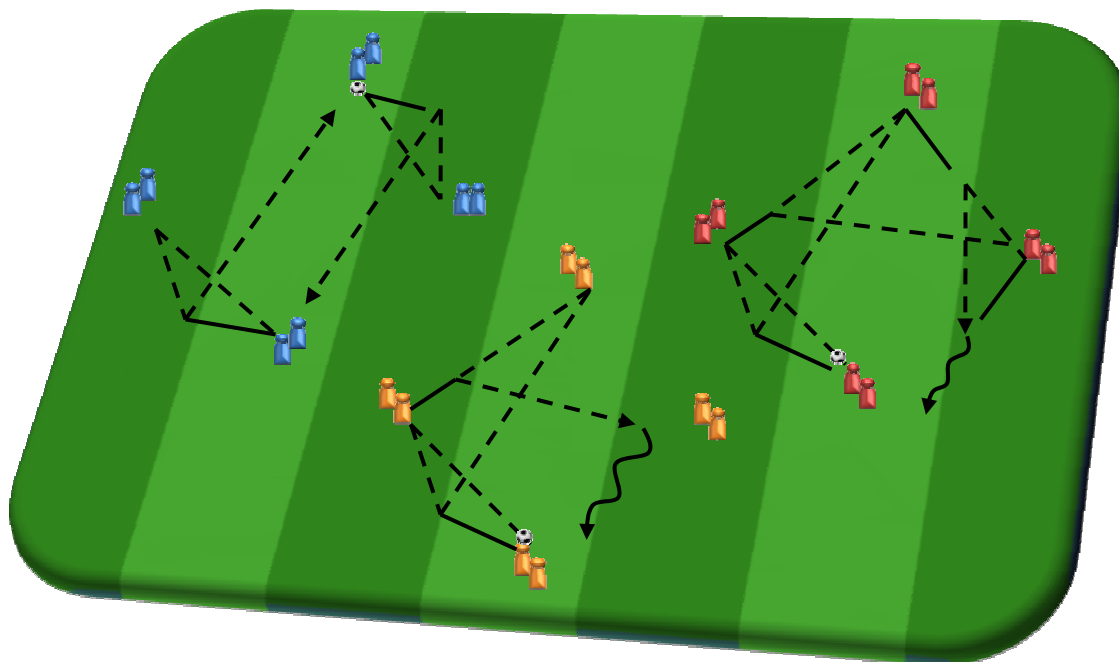




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**EXERCISE FROM:**  
Coaches Symposium 2010



## PASSING PATTERNS IN A DIAMOND SHAPE

### PREAMBLE

Often times, coaches tell their players to avoid square passes and being on the same line. Having this exercise setup in a diamond shape automatically creates diagonal passes and runs. Such a simple setup can become a very complex exercise if the right variables and conditions are implemented.

### OBJECTIVES

To teach basic technique such as passing and controlling, but by relating the passing patterns to realistic situations. This can be used as a warm up by including dynamic stretches

**STAGE 4** is the essential time to be introducing these concepts. Its important to encourage young players to play quickly by linking sharp passes to the appropriate runs.

### STAGES OF LTPD

20-30 min in all. Interventions must be made to allow the players to realize the importance of detail. 3 different patterns about 10 min each. Make sure to go both ways.

### DURATION

### PLAYERS

2 players at each cone is more than enough, but it can easily be done with only 6 players per diamond. Explaining the rotation to the players will ensure a good flow to the drill.

### EQUIPMENT

Four cones setup in a diamond, the size of the diamond can vary depending on age groups. Average size is about 20 yards between opposite cones.

### EXECUTION

The exercise diagram represents only 3 examples among many. Depending on which aspect you want to work on, the variations are endless. For example, you can ask the players to complete a pattern in one touch, that same pattern completed in 2 touch is completely different and can bring out distinct coaching points.

There are many **variables** to the exercise that will require players to be more concentrated and responsible to ensure a good flow to the exercise. The rotation of players from cone to cone, the number of touches, the complexity of the pattern, the type of passes are only some examples that can either complicate or simplify the exercise.

The **coaching points** will mostly reflect the technical aspects of a player: first touch, quality of pass, body position, etc. For more advanced groups, a tactical aspect can be touched: angle of support, timing of movement, communication, etc. **Variations:** Endless: depending on what will be emphasised.