



Diamond Shooting Pattern

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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Individual-Young Member

Pattern 1

Setup

4 players

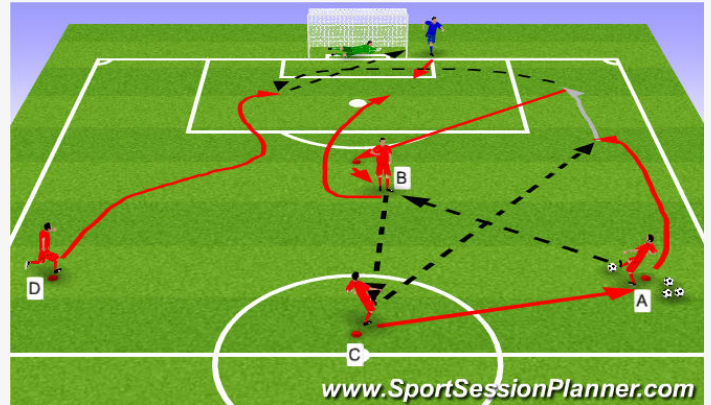
Can be in teams for competition. Can use both sides of pitch if needed.

4 balls, 4 discs

1 GK (or poles/flags/cones/Skilz net due to COVID-19)

Description

Player A passes to Player B then makes a wide run. Player B checks to receive, passes to Player C then swivels and tuns into the box. Player C pings ball out wide to Player A who crosses the ball into the box, where Players B and D make runs into and attempt to finish first time (header/shot/volley).



Progression- add defender (blue)

Coaching Points

Correct passing technique, firm passes

Correct receiving technique

Communication between teammates

Timing of runs

Player A should run wide not straight and shouldn't go too early to avoid being offside

Player B should spin away in opposite direction from where he sets the ball

Player C should play ball between edge of and sideline (in behind full back). Player C should play ball at pace into path of Player A. Pass should be firm and away from the 18 yard box.

Player D should wait, time run, bend run and arrive at right moment to strike ball. Players B and D should communicate, scan, time runs and vary their runs (no straight lines).

Pattern 2

Setup

4 players

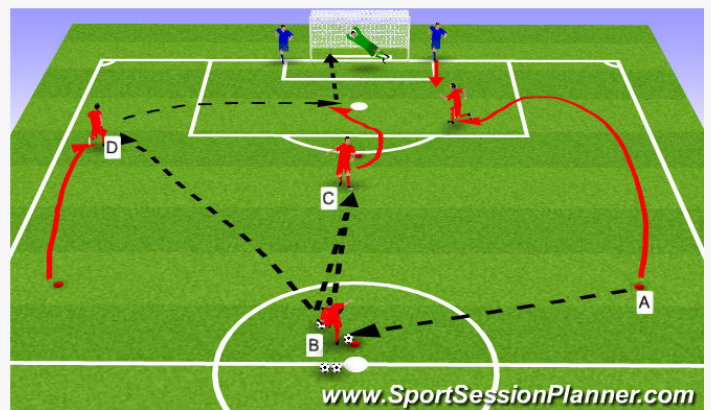
Can be in teams for competition. Can use both sides of pitch if needed.

4 balls, 4 discs

1 GK (or poles/flags/cones/Skilz net due to COVID-19)

Description

Player A passes to B then makes a wide and bending run into the box. B plays a wall pass with C. Player C then spins away into the box. Upon receiving ball back from C, Player B pings ball out wide to player D. D then crosses the ball into A and C, who attempt to finish first time.



Progressions- add in 1 and/or 2 defenders (blue).

Add in full backs to make overlapping runs for crossing.

Coaching Points

Correct passing technique, firm passes

Correct receiving technique

Communication between teammates

Timing of runs

Player A should run wide not straight and shouldn't go too early to avoid being offside, should also try to arrive at right moment to strike the ball.

Player C should spin away in opposite direction from where he sets the ball

Player B should play ball between edge of and sideline (in behind full back). Player B should play ball at pace into path of Player D.

Pass should be firm and away from the 18 yard box.

Player D should wait, time run, bend run and arrive at right moment to cross the ball. Players A and C should communicate, scan,

time runs and vary their runs (no straight lines).