

**Title:** Double Diamond Passing

**Phase:** 1, Begin The Attack

**Age:** Youth Development Phase

**Intensity:** Medium

**Technical**

- Passing & Receiving Detail
- Movement to Receive
- Back foot receiving

**Tactical**

- Ball Protection
- Passing Speed
- Session Management

**Physical**

- Speed
- Cardiovascular
- Agility

**Psychological**

- Decision Making
- Communication
- Organisation

**Area Size:** 40x20 Area

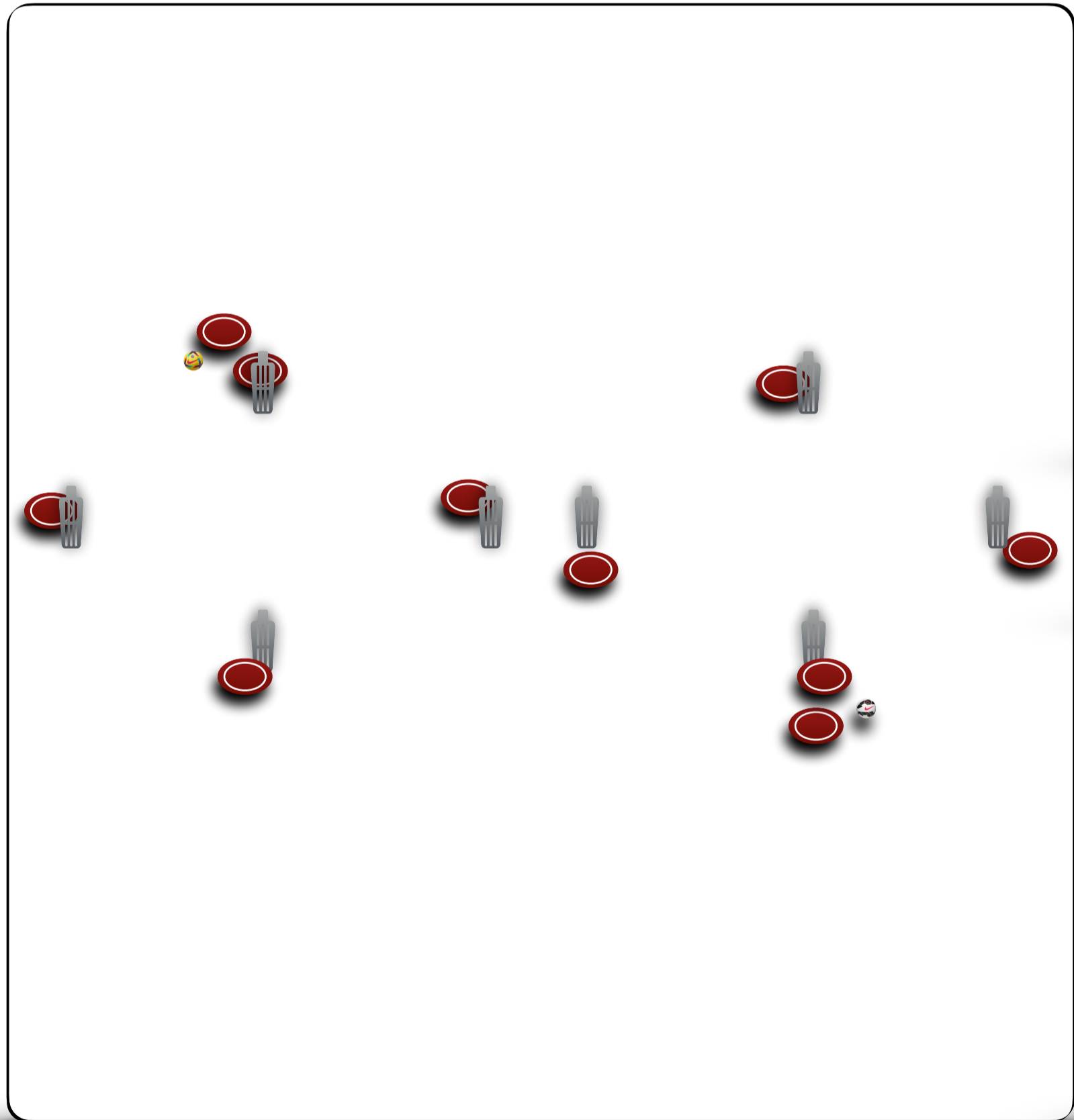
**Players:** 10-12 +

**Duration:** 16 Minutes

**Session**

**Set Up / Organisation**

**Key Coaching Points**



- 1) 40x20 Area
- 2) Players
- 3) Mannequines

- 1) Passing & Receiving Detail
- 2) Movement Patterns when receiving
- 3) Back foot receiving

**Progressions**

**Player Challenges**

- 1) Add in goals at either end to bring in finishing attributes
- 2) (if got more than 12), add in 2 more footballs to increase repetition and reduce decision making time

- 1) Are you able to break lines and play on the front foot?
- 2) Can you move to provide yourself space quickly and effectively?
- 3) Can you organise quickly when problems occur?

**Reflective Practice**

**What Went Well...**

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**What Needs Changing...**

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**Future Considerations...**

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