



Playing Forward through a Diamond Midfield

Category: Tactical: Combination play
Skill: U15

Pro-Club: SportSessionPlanner.com
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Description

To practice attacking utilising the diamond midfield.

Positioning Game (25 mins)

Organisation

Two teams of four and one of 5 + Goalkeeper

Rotate teams periodically

Play starts with the spare GK in the target zone

The Yellow team play a 4v2 in the back grid (consolidation phase) then once they reach the middle grid (incision phase) by combining with the Red team, they play an 7v3 to try to create a goalscoring opportunity

If the Red team win the ball they try to score in the small goals or by playing the ball into the GK in the target zone

Players on the attacking team are on one touch if they receive the ball facing backwards

Team Task

Combine through central areas to create goalscoring opportunities

Player Tasks






#9 - Support the ball side

#10 - Try to engage opposition #6 to create a passing lane to the attackers

#7/11 - Try and support the attackers on angles



Learning Objectives

	Technical (20%)
	Tactical (20%)
	Physical (20%)
	Psychological (20%)
	Social (20%)

Game Training (25 mins)

Organisation

Play starts with the coach/spare GK.

Reds try to combine through central areas to create goalscoring opportunities

If the Blue team win the ball they try to score in the small goals as quickly as possible

Team Task

Combine through central areas to create goalscoring opportunities.

Use overlapping full backs when high up the pitch.

Player Tasks






Red #9 - Support the ball side

Red #8/10 - Try to engage opposition #6/8 to create a passing lane to the attackers

Red #8/10 - Try and support the attackers on angles



Learning Objectives

	Technical (20%)
	Tactical (20%)
	Physical (20%)
	Psychological (20%)
	Social (20%)

Training Game (25 mins)











Organisation

Red team play a 2-3-2 and attack the big goal

Blue team play a 4-2-1 and attack the two small goals



Learning Objectives

 	Technical (20%)
 	Tactical (20%)
 	Physical (20%)
 	Psychological (20%)
 	Social (20%)