

Passing Diamonds (Variation)

Category: Passing

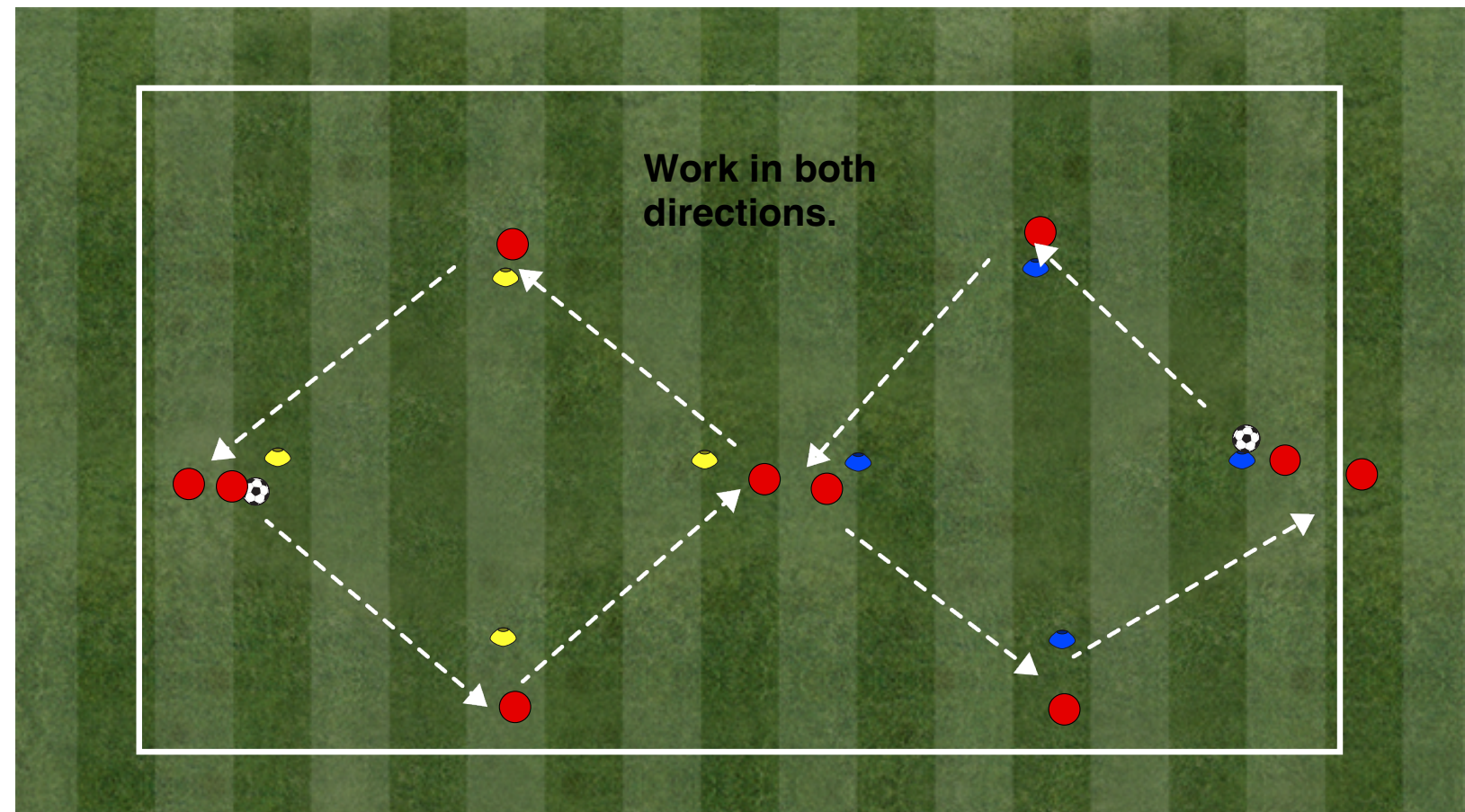
Length: 00:15 Rec. Players: 12

Published: September 20, 2014 @ 19:58

Practice Theme/Topic

- General Notes**
A session I use to "groove& improve" the technique of short passing.
- Aims & Objectives**
N/A
- Organisation & Setup**
N/A
- Coaching Factors & Outcomes**
 1. Pass to the outside of the cone.
 2. Receive on the back foot.
 3. 1st touch in the direction of travel.
 4. Contact through the middle line of the ball.
 5. Eye contact with the receiver.
 6. Follow your pass.
- Adaptation & Progression**
N/A

- Technical**
N/A
- Physical**
N/A
- Psychological**
N/A
- Social**
N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

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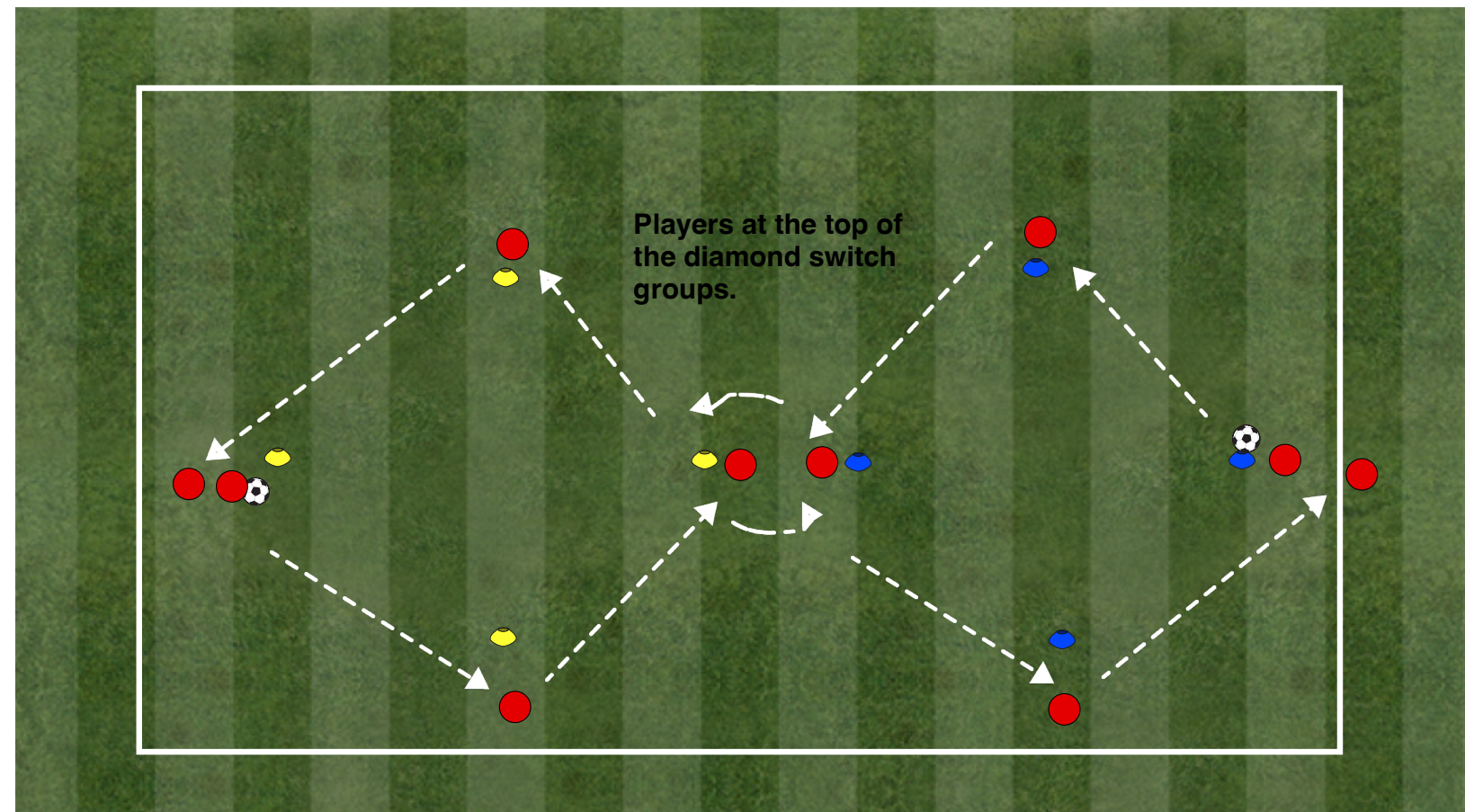
Adaptation & Progression
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Technical
N/A

Physical
N/A

Psychological
N/A

Social
N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4