



Technical SAQ warm up - Diamond

Category: Warm-ups
Difficulty: Moderate

Continental Football Club, Philadelphia, United States of America
Individual-Adult Member

Diamond 1 (5 mins)

Set Up

As Shown. 10x10 diamond. 6 - 9 players

Organisation

#1 passes to #3 . All players rotate to their left after they pass .

#3 passes #2. #2 passes #4 . #4 passes #1.

After 4 passes the ball they go through the ladder and back to the start

Coaching Points

Quality pass - Speed Accuracy Timing

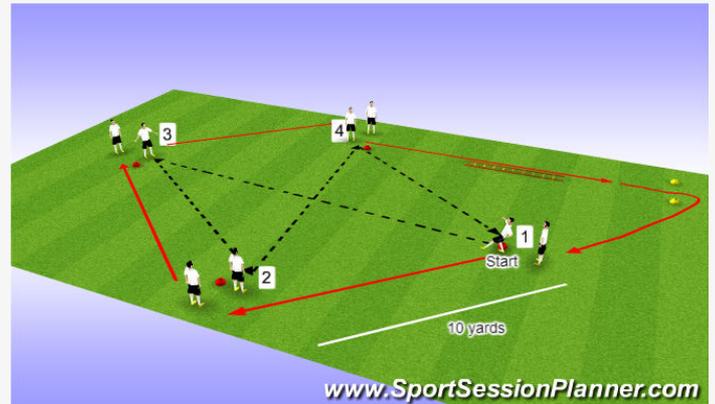
Speed/Angle of supporting movements

Body Shape when receiving

Communication

Speed of play

* Must Make Competative



Diamond 2 (5 mins)

Set Up

As Shown. 10x10 diamond. 6 - 9 players

Organisation

#3 runs into the middle of the diamond to receive the ball. #1 passes to #3. #3 lays the ball back to #1. #1 passes to #2. #2 passes to #4. #4 passes back to the starting point. #4 goes through the ladder work and back to the starting position. All players rotate to their left.

Coaching Points

Quality pass - Speed Accuracy Timing

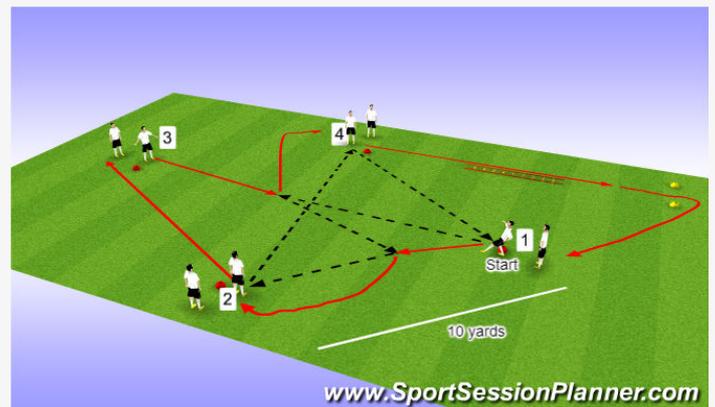
Speed/Angle of supporting movements

Body Shape when receiving

Communication

Speed of play

* Must Make Competative



Diamond 3 (5 mins)

Set Up

As Shown. 10x10 diamond. 6 - 9 players

Organisation

#3 makes a run into the middle of the diamond to asked for the ball. #1 passes the ball past #3 to #5. #3 turns to receive the ball from #5 . #5 passes to #3. #3 passes to #2. #2 passes #4. #4 passes to #3. #3 passes to #1. After #4 passes to #3 then they work through the ladders. All players rotate to their left

Coaching Points

Quality pass - Speed Accuracy Timing

Speed/Angle of supporting movements

Body Shape when receiving

Communication

Speed of play

* Must Make Competative

