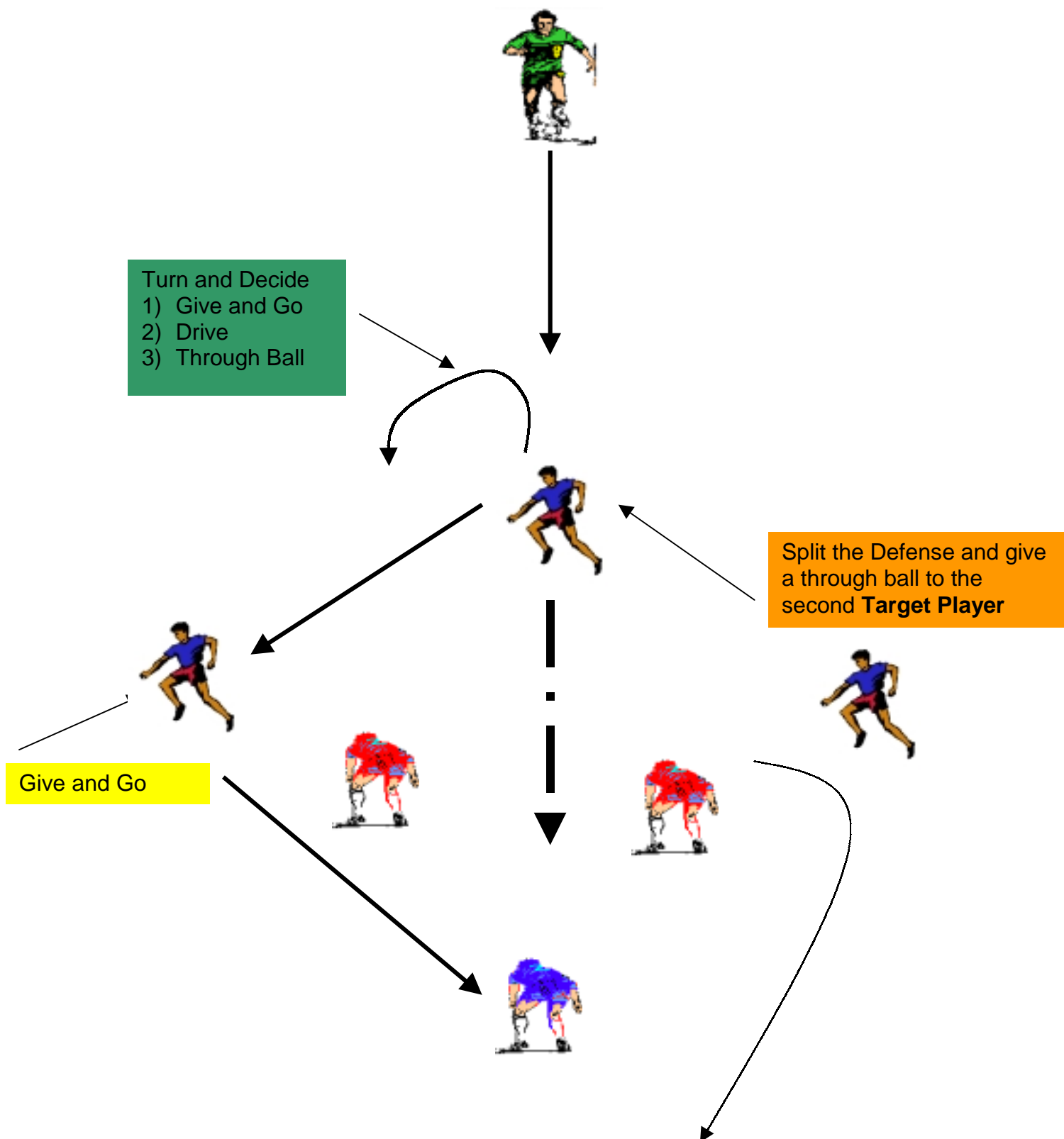


Turn and the Diamond

The last drill from this exercise is to create the standard diamond formation with the first target player at one apex. This creates a true match related condition, with options to either support player or an option to play the ball **through** to the next target player. We also add a second defender to the mix.



This drill builds from all of the previous ones. We have incorporated many of the ingredients that will help a player turn against pressure and increase the speed of play. Proper initial pass, communication, ability to receive and turn, option for a give and go, option to drive the ball down the field (under control), the option to play another though ball.

Perhaps most important of all we have gradually increased the complexity of the drill and the pressure under which the players operate. We have allowed success to be built upon and for quicker and more complex decisions to be made. We will build on this concept in the next section which emphasizes speed of play.

Final reminder... stress watching the pros play. You will see this type of formation all the way down the field for teams that play possession soccer.