



Developmental Skills

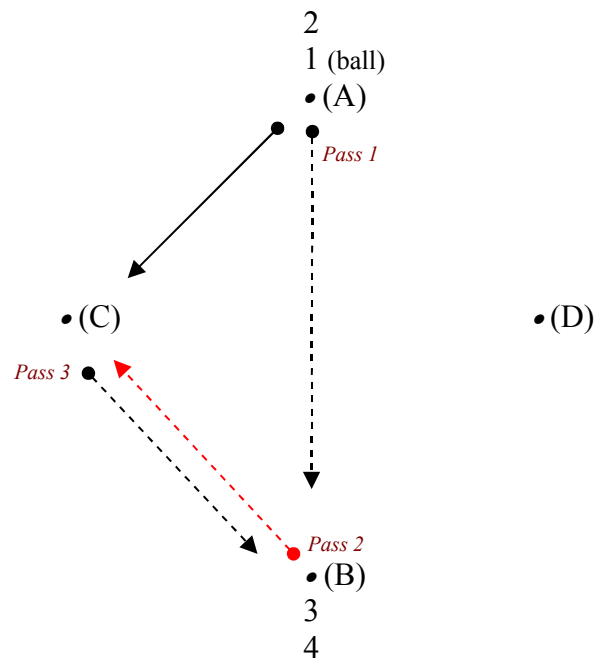
(Michael M. Hensley • Technical Skills Trainer • TYSL)



➤ Diamond Drill: Long, Short, Short

○

(Four players, one ball, four cones)



- Player 1 at (A) passes long to player 3 at (B) and then moves off the ball to (C).
- Player 3 at (B) returns the ball to player 1 at (C).
- Player 1 at (C) now returns the ball to player 3 at (B) and moves to (B).
- Player 3 at (B) now passes long to player 2 at (A) and then moves off the ball to (D).
- Player 2 at (A) returns the ball to player 3 at (D).
- Player 3 at (D) now returns the ball to player 2 at (A) and then moves to (A).
- Repeat the sequence.



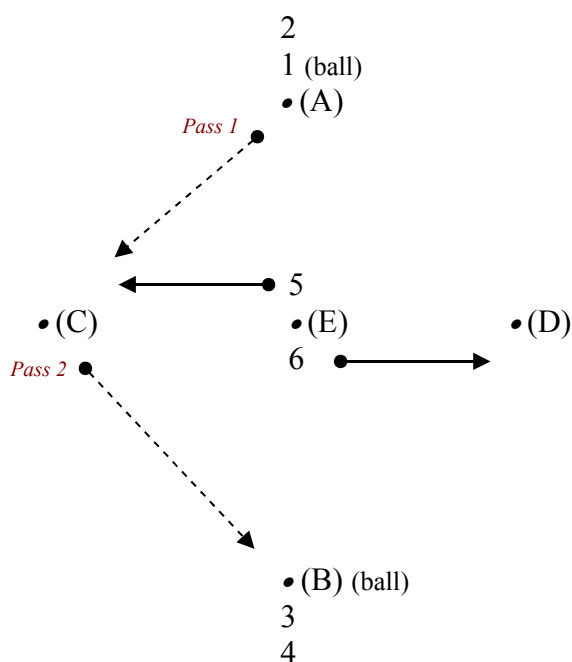
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- **Diamond Drill: Two Touch Shuffle**
- **Diamond Drill: One Touch**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 5 at (C) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 4 at (B) with the left foot. After the pass player 1 moves to (B).
- Player 6 at (D) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 2 at (A) with the left foot. After the pass player 3 moves to (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



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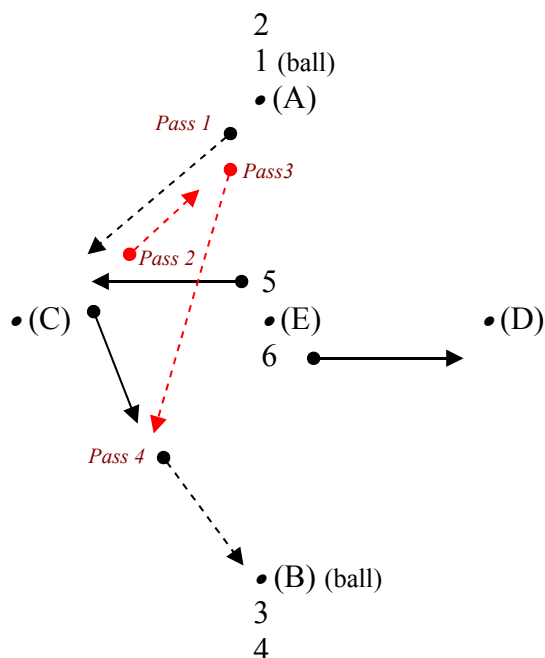
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➤ **Diamond Drill: Diagonal Short, Drop, Through**

- **Note: One complete revolution (8) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A)
- Player 1 at (A) plays a through ball to player 5 who rolled off his defender and is moving toward (B).
- Player 5 receives the ball and sends it on to player 4 at (B).
- Simultaneously, Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B)
- Player 3 at (B) plays a through ball to player 6 who rolled off his defender and is moving toward (A).
- Player 6 receives the ball and sends it on to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



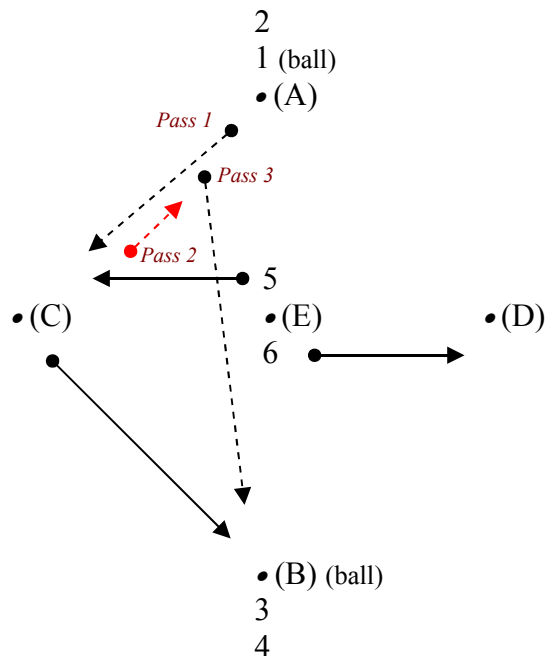
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- **Diamond Drill: Diagonal Short, Drop, Long**
 - **Note: One complete revolution (6) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A) rolls off an imaginary defender and moves to (B)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B) rolls off an imaginary defender and moves to (A)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



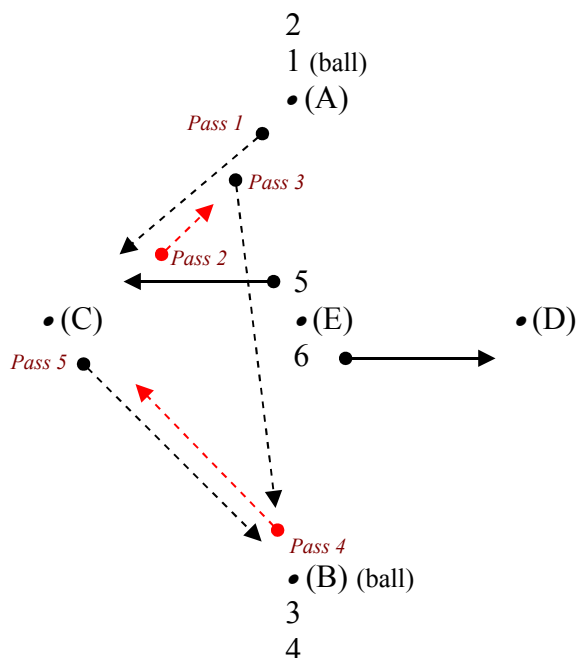
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- **Diamond Drill: Diagonal Short, Drop, Long, Drop, Back To**
- **Diamond Drill: Diagonal Short, Drop, Chip, Drop, Back To**
 - **Note: One complete revolution (10) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 4 at (B) drops the ball to player 5 at (C) who in turn plays it back to 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Player 2 at (A) drops the ball to player 6 at (D) who in turn plays it back to 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.