

## Warm Up Activity - #13 / Skills Diamond

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange your players into four groups.
- Each group has a ball.
- The players must dribble and complete various skills before passing out and waiting for their next turn.
- Each skill is completed four times so that the players return to their starting positions.

### Skills

- Dribble around the cone and go left.
- Dribble around the cone and go right.
- Drop right shoulder and go left.
- Drop left shoulder and go right.
- Right footed sole drag and go left.
- Left footed sole drag and go left.
- Right footed step over and go left.
- Left footed step over and go right.
- Add more skills depending on players ability.

### Coaching Remarks

- Encourage players to work quickly.
- Encourage player to keep their head up.
- Concentrate on technique.

### Diagram

