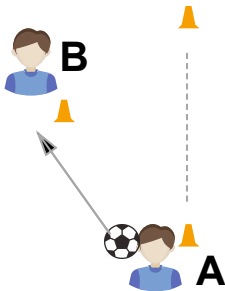


# Diamond

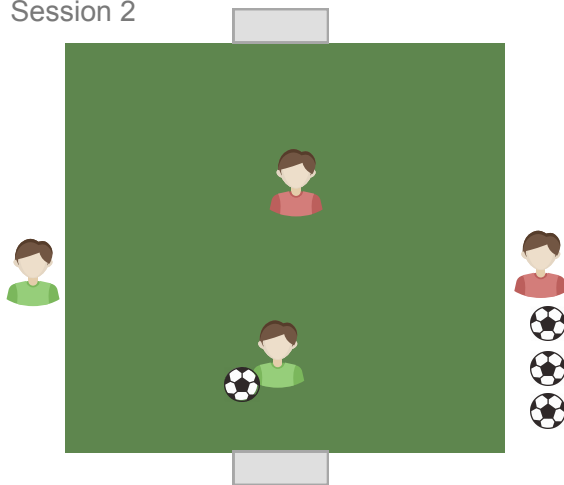
U10+

## Warm Up



1. A passes to B
2. runs accross
3. receives pass from B
4. B runs accross
5. receives pass from A

## Session 2



1. Start with 7th ball at center circle. Each player runs from goal
2. Outside players act a wall only can't score unless they touch the ball.
3. Each wall player has 3 balls, when one team scores the other team can immediately play in.
4. if ball goes out of bounds b/c of green its a penalty and red gets to play in a ball.
5. first team with 3 goals wins

## Session 3



1. Red team gets a real goal
2. Green team gets 2 small goals
3. Red team must complete a wall pass before they can score.
4. uneven teams to promote the space to do a wall pass