

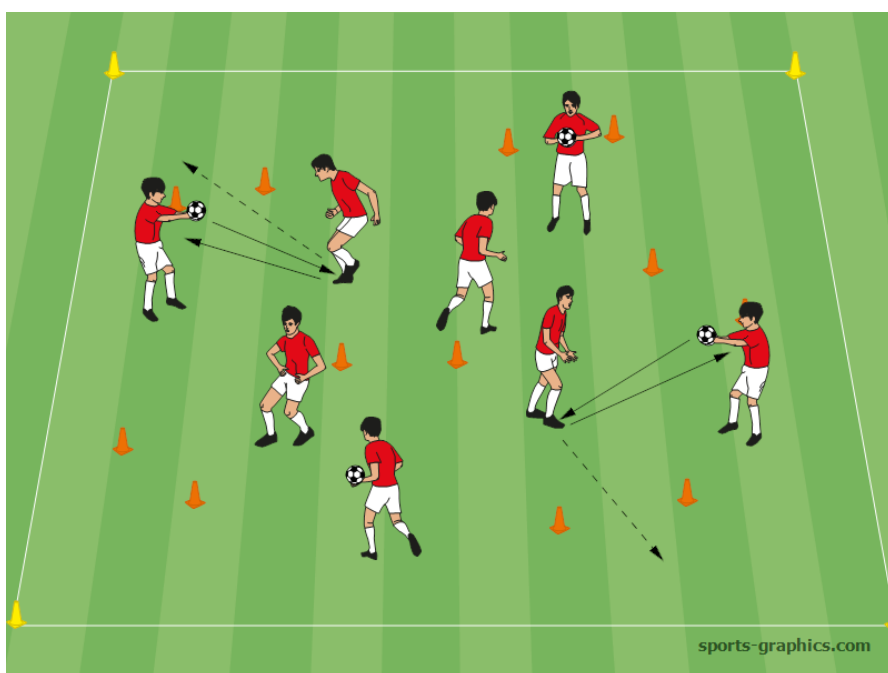
DIAMOND GATE

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Dynamic Movement



Set up a 25x25 playing area with appropriate number of 1yd wide cone gates randomly spaced within the area.

Players with a ball each dribble toward a gate, turn and dribble into space. Players progress to pass the ball through the gate, run onto the ball, and continue dribbling.

Once warm, half of the players lose their ball and jog around the area while the other half pick their ball up and jog around the area.

Players without a ball run to a player with a ball and perform a volley/half volley/header, knee and volley etc. before moving through a gate with a change of pace.

They then look for the next ball and continue.

Rotate roles.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Ensure players are moving fluently and looking to receive the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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