



Diamonds and Triangles



Sammanställt av Adam Gibbs

Ajax training drills Diamonds
and Triangles

1X = 1 Touch

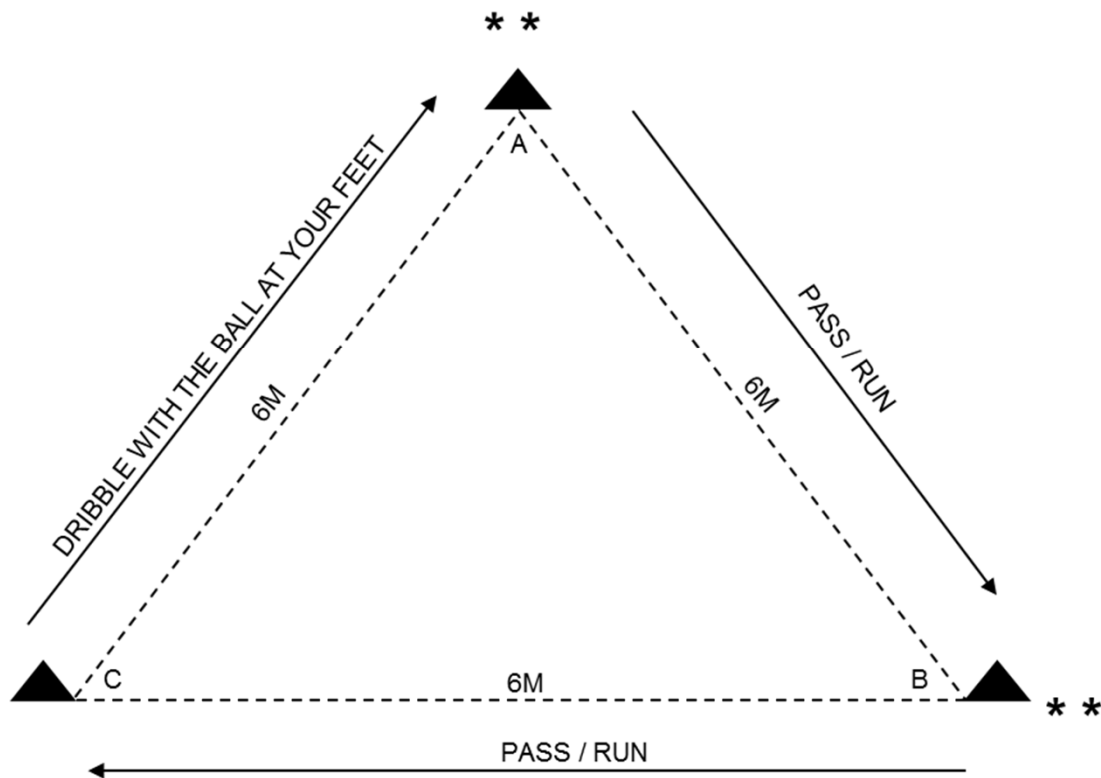
2X = 2 Touch

Träna som Ajax

Tänk på att alltid ha ett syfte med din övning!

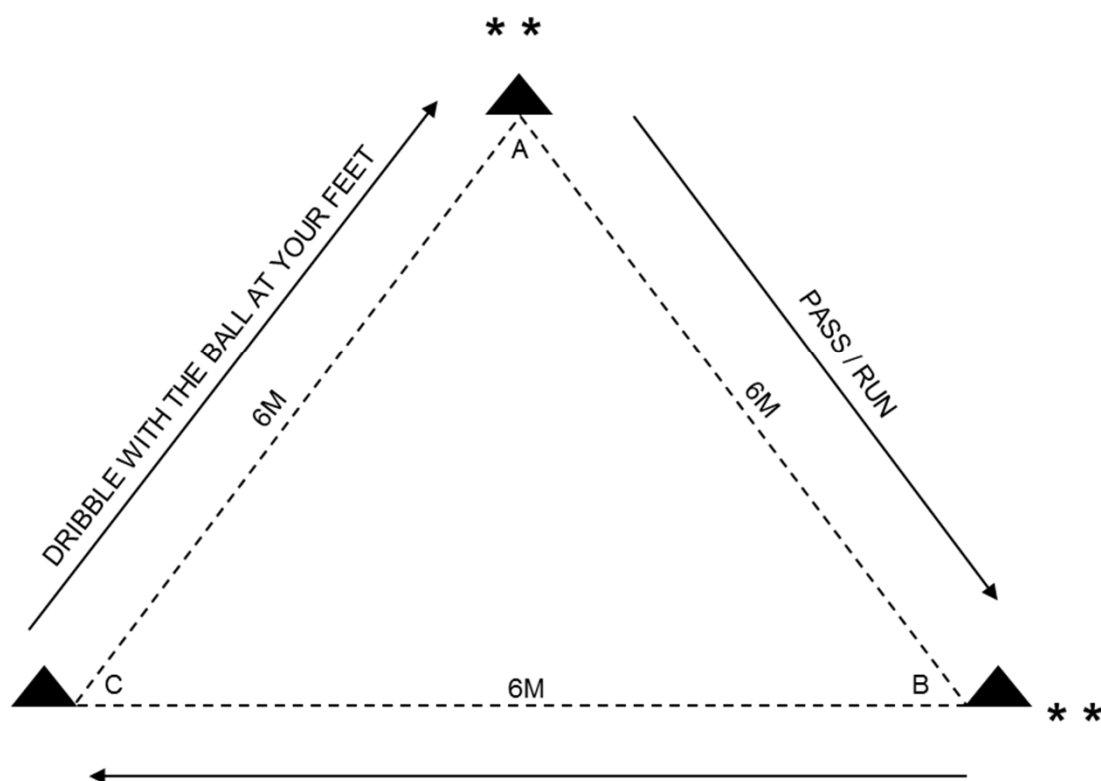
gibbsfotboll@hotmail.com

Drill 1 - Right foot only - Pass & Run



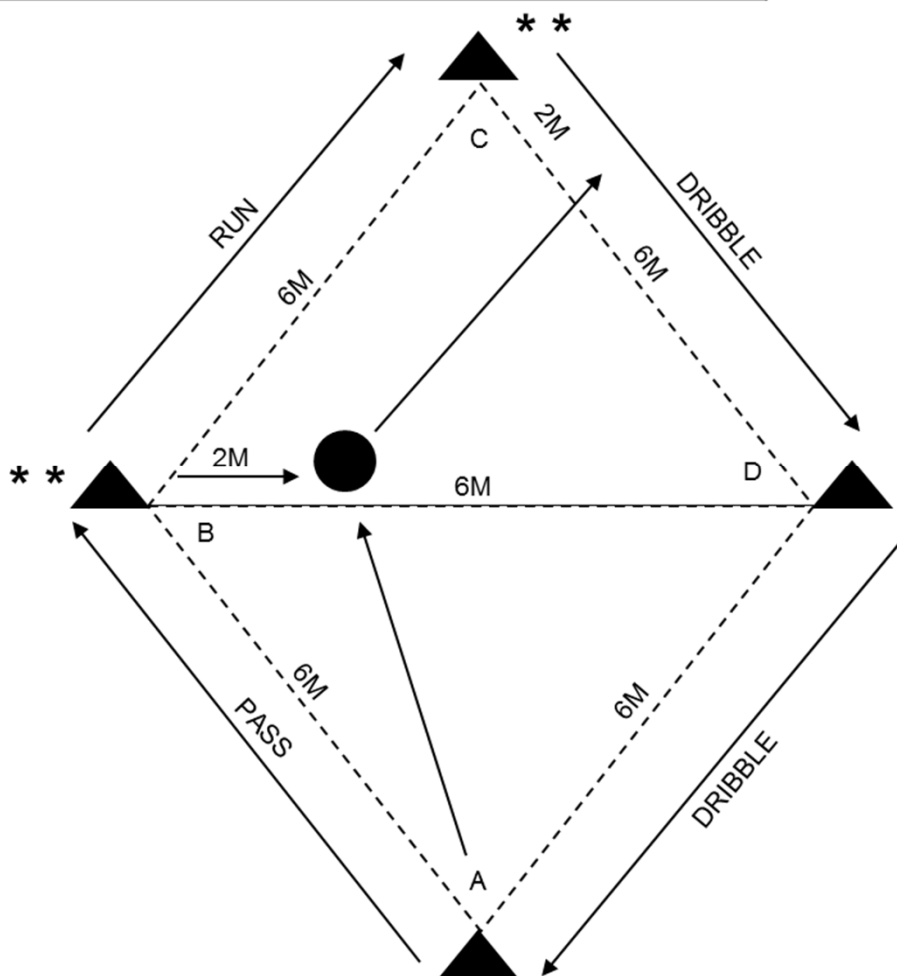
1. TRIANGLE – 6M
2. * = PLAYER
3. PLAYER A PASSES 1x, THEN RUNS TO PLAYER B's POSITION AFTER PASS.
4. PLAYER B PASSES 1x, THEN RUNS TO PLAYER C's POSITION AFTER PASS.
5. PLAYER C DRIBBLES WITH THE BALL @ HIS FEET TO PLAYER A's POSITION.
6. AS PLAYERS BECOME COMFORTABLE WITH THE DISTANCE, INCREASE THE DISTANCE BETWEEN THE CONES. PLAYERS MUST NOT STAND STILL, CONTINUOUS MOVEMENT. ONCE THE PLAYERS CAN PASS & RUN FOR A WHILE CHANGE DIRECTION. PLAYERS MUST REMEMBER TO OPEN THRE BODY WHEN PASSING.

Drill 2 - Left foot only - Pass & Run



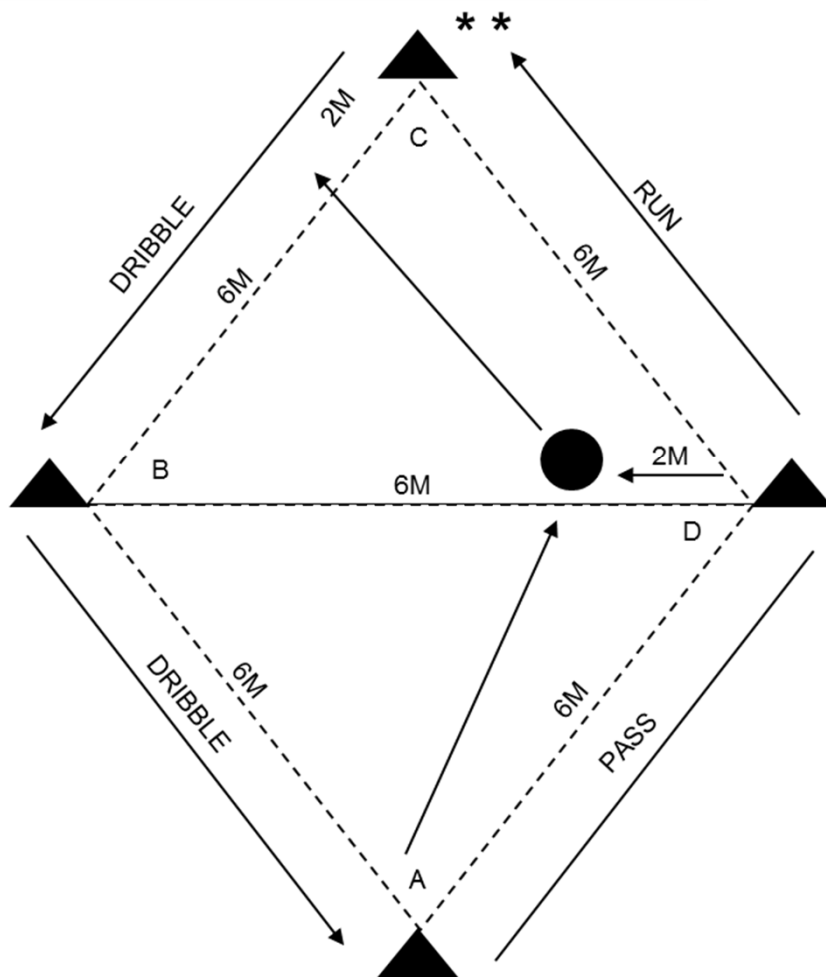
1. Triangle – 6M
2. * = Player
3. Player A passes 1x, then runs to Player B's position after pass.
4. Player B passes 1x, then runs to Player C's position after pass.
5. Player C dribbles with ball at his feet to Player A's position.
6. As players become comfortable with the distance, increase the distance between the cones.
7. Players must not stand still, continuous movement.
8. Once the players can pass and run for a while, change the direction, go in the opposite direction.
9. Players must remember to open there body as to which foot they are going to pass with.

Drill 3 – Right foot only – 1x Ball



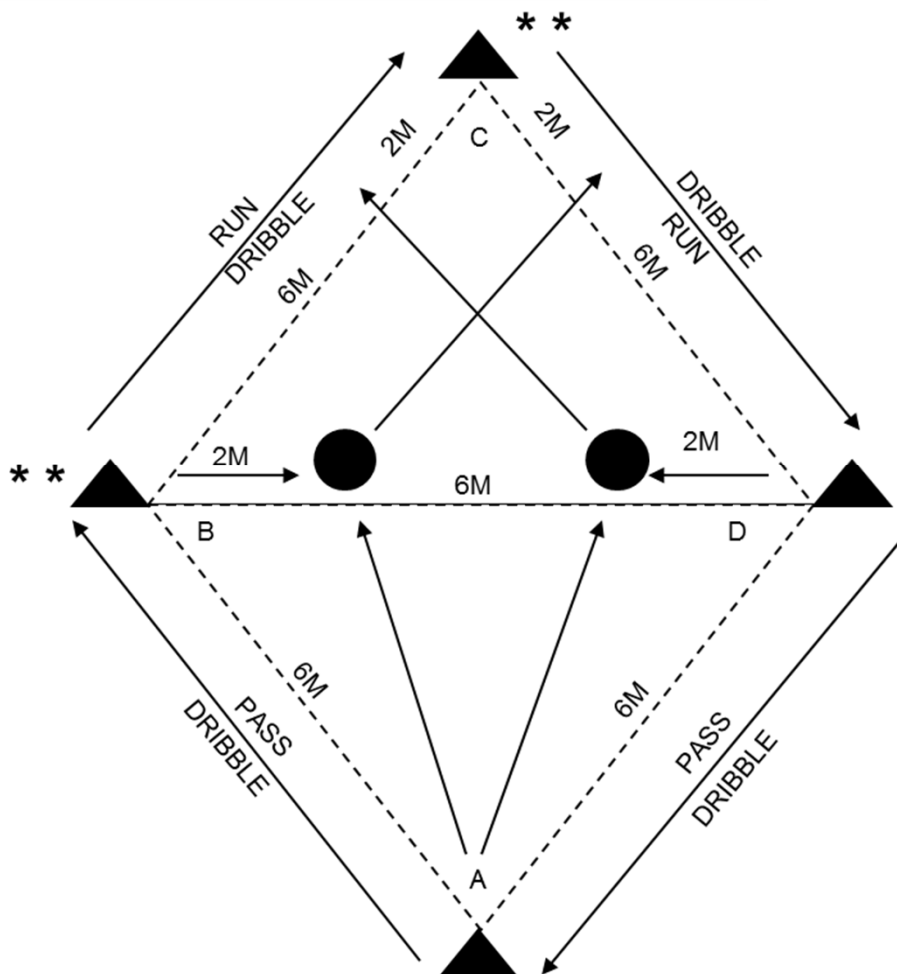
1. Diamond = 6M
2. Player A passes to Player B, outside of cones.
3. Player B passes 2m into diamond.
4. Player A runs to meet the ball and passes to Player C who runs onto the ball 2M from cone.
5. Player C dribbles with the ball to Player A's position.
6. Player A takes Player B's position.
7. Player B takes Player C's position.

Drill 4 – Left foot only – 1x Ball



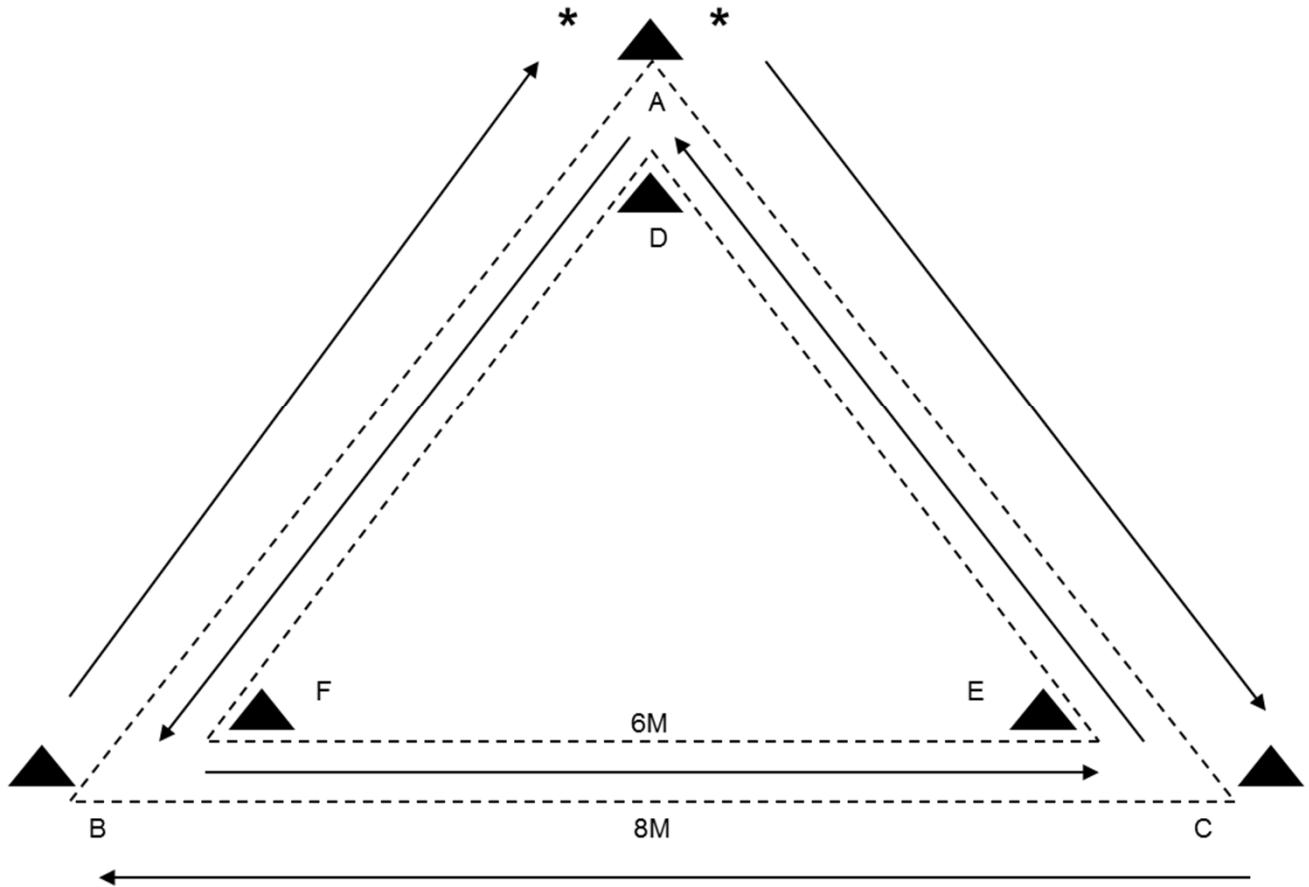
1. Diamond = 6M
2. Player A passes to Player D, outside of cones.
3. Player D passes 2m into diamond.
4. Player A runs to meet the ball and passes to Player C who runs onto the ball 2M from cone.
5. Player C dribbles with the ball to Player A's position.
6. Player D takes Player C's position.
7. Player C takes Player A's position.

Drill 5 – Right / Left foot only – 2x Ball



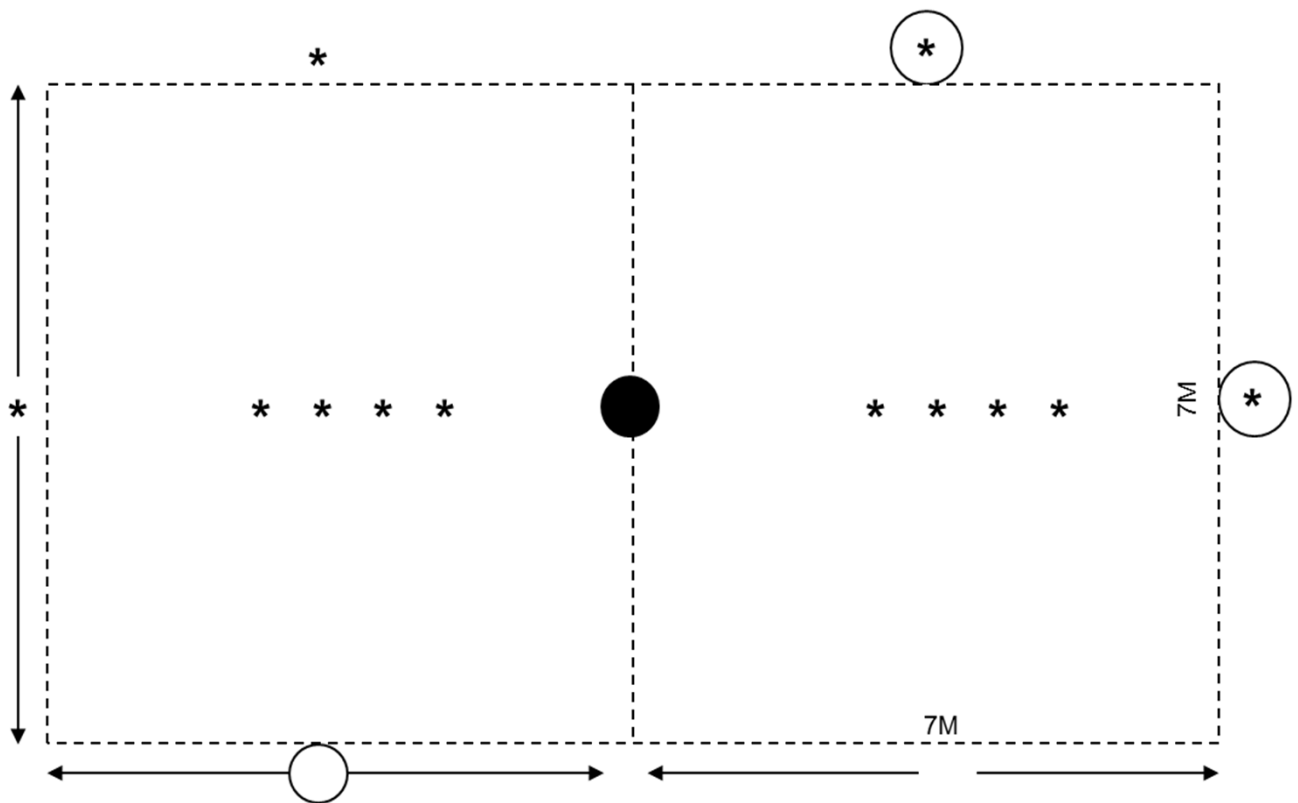
1. Diamond = 6M
2. Player A passes to Player B, outside of cones.
3. Player B passes 2m into diamond.
4. Player A runs to meet the ball and passes to Player C who runs onto the ball 2M from cone.
5. Player C dribbles with the ball to Player A's position.
6. Player A takes Player B's position.
7. Player B takes Player C's position.
8. Player A passes to Player D, outside of cones.
9. Player D passes 2m into diamond.
10. Player A runs to meet the ball and passes to Player C who runs onto the ball 2M from cone.
11. Player C dribbles with the ball to Player A's position.
12. Player D takes Player C's position.
13. Player C takes Player A's position.

Drill 6 – Right / Left foot only



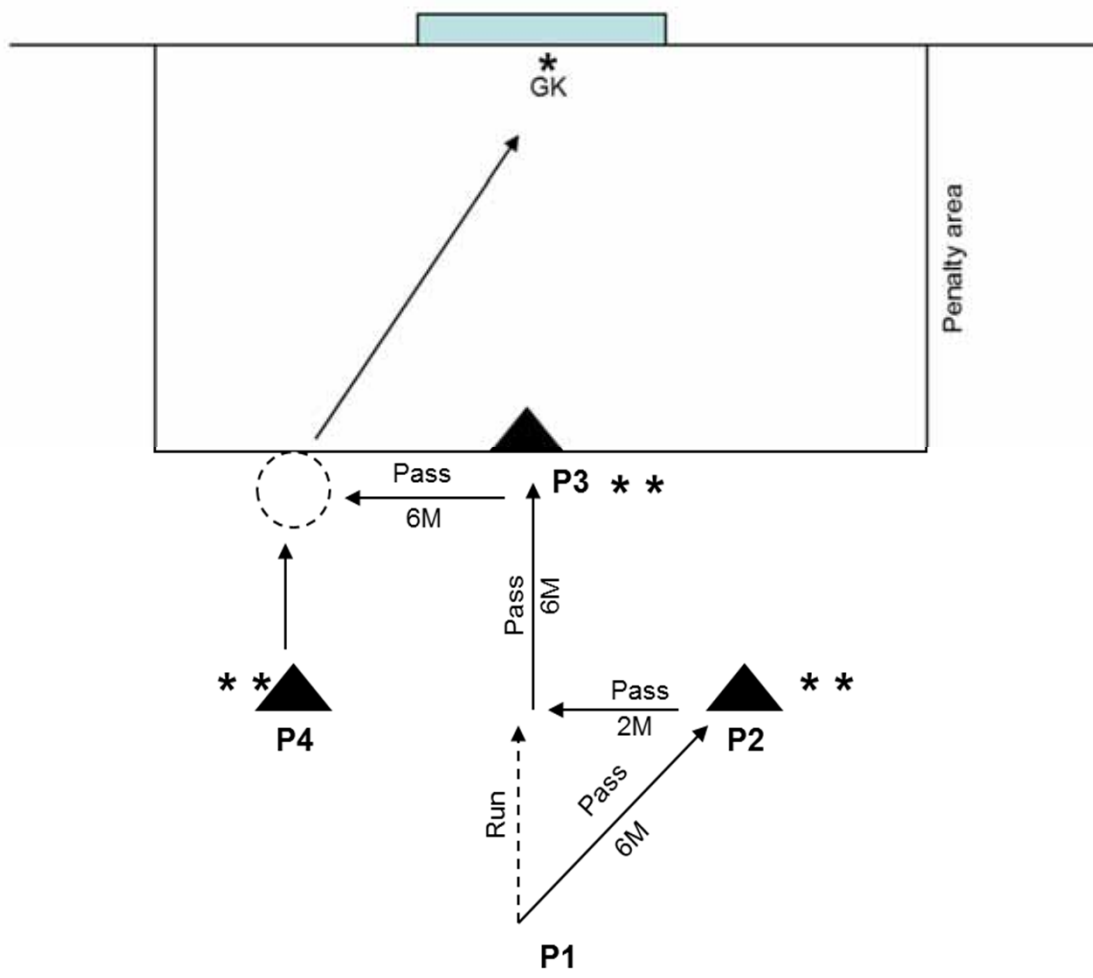
1. Both Players at cone A dribble with the ball at there feet.
2. Cone A – Cone B – Cone C.
3. Remember players go in opposite direction to each other.

Drill 7 – Both feet – 2x Touch / 3x Touch



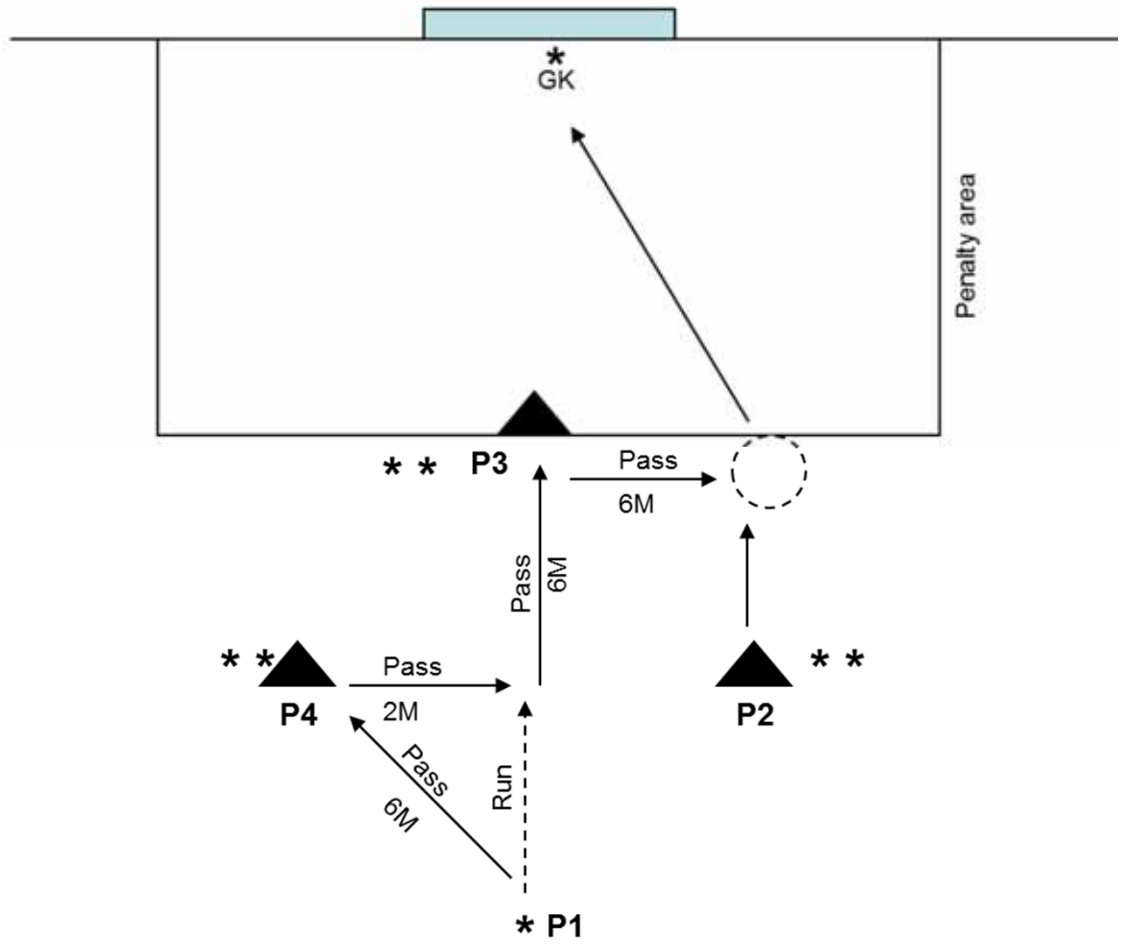
1. Field = 7M x 7M
2. Play 7 v 7 ; 5 v 5 ; 5 v 3
3. 2x Touch ; 3x Touch
4. Players can use players that are on the touch line.
5. 8x Passes counts as a goal.
6. All players must get involved.
7. You can change the amount of players per team, make all the players on the touch line from the same team.

Drill 8 – Right / Left foot – One pass only



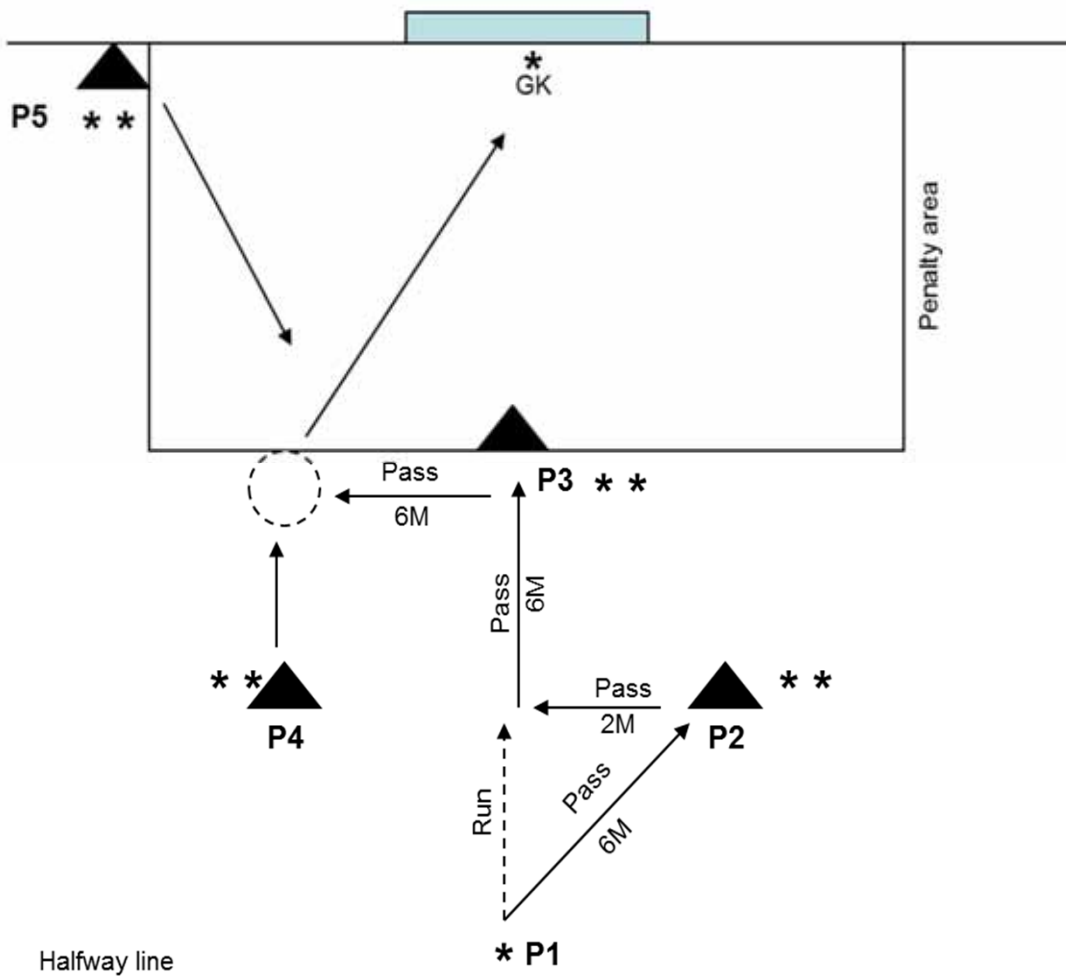
1. All players face the half way line.
2. P1 passes to P2
3. P2 plays the ball square in front of P1.
4. P1 runs to meet the ball and passes to P3.
5. P3 passes along penalty line, P4 shoots at goal.
6. P1 takes P4 position - P2 takes P1 position.
7. P3 takes P2 position – P4 takes P3 position

Drill 9 – Right / Left foot – One pass only



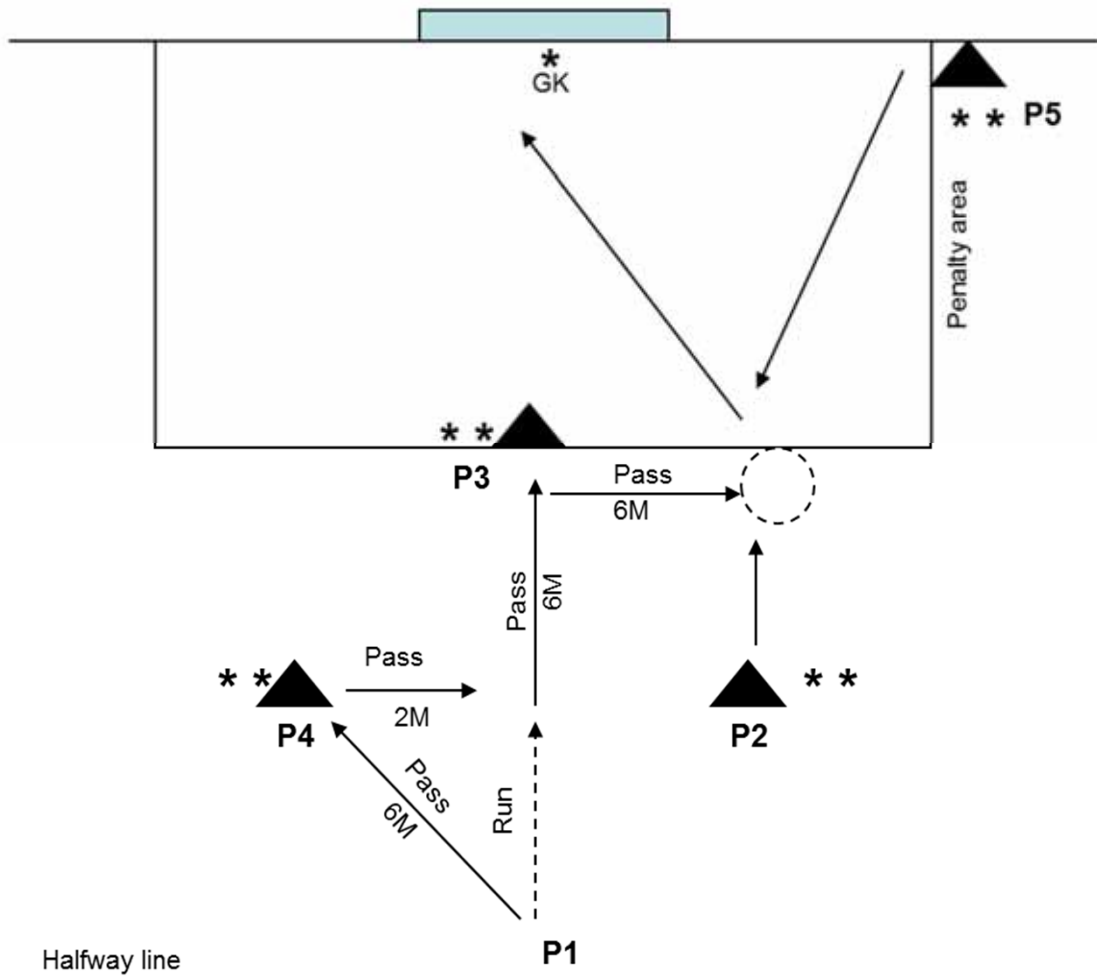
1. All players face the half way line.
2. P1 passes to P4
3. P4 plays the ball square in front of P1.
4. P1 runs to meet the ball and passes to P3.
5. P3 passes along penalty line, P2 shoots at goal.
6. P1 takes P4 position - P2 takes P1 position.
7. P3 takes P2 position – P4 takes P3 position

Drill 10 – Right / Left foot – One pass - Defender



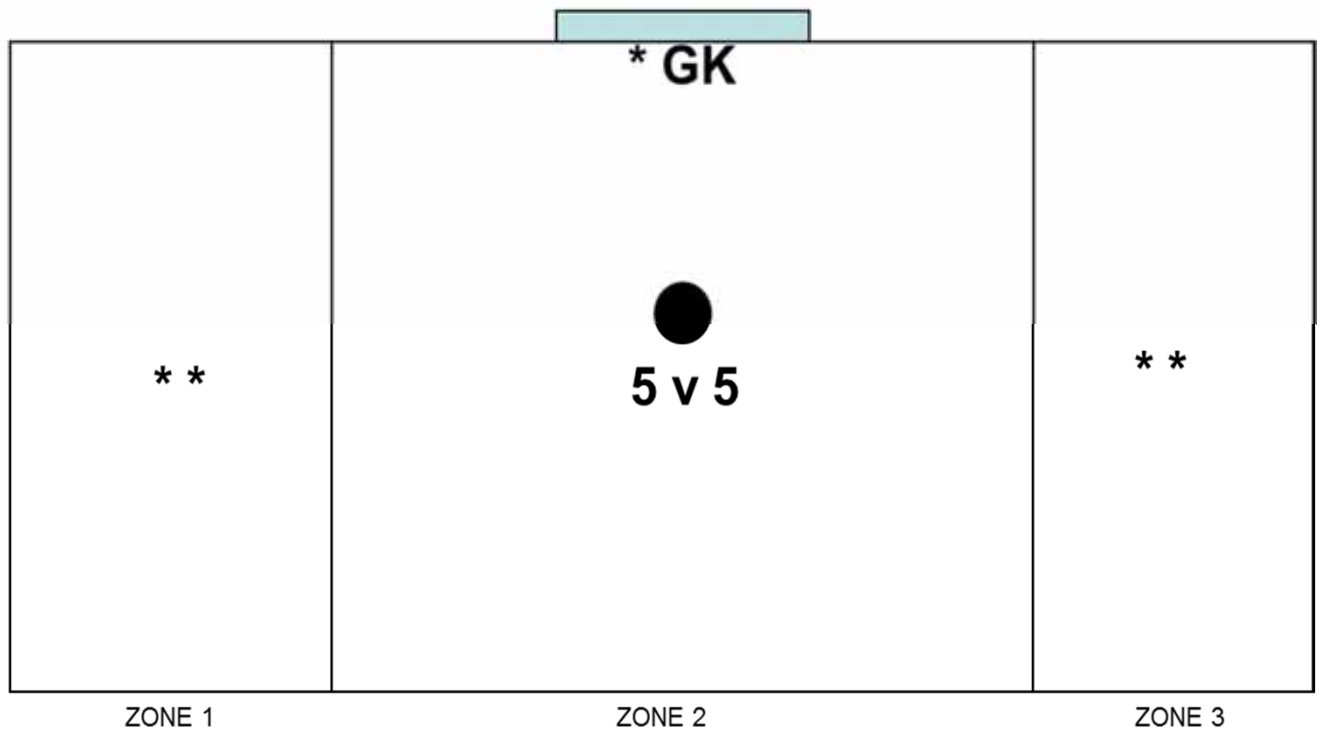
1. All players face the half way line.
2. P1 passes to P2
3. P2 plays the ball square in front of P1.
4. P1 runs to meet the ball and passes to P3.
5. P3 passes along penalty line, P4 shoots at goal.
6. P5 is a defender, do not tackle, just block the shot.
7. P1 takes P4 position - P2 takes P1 position.
8. P3 takes P2 position – P4 takes P3 position
9. P5 re-takes his position.

Drill 11 – Right / Left foot – One pass - Defender



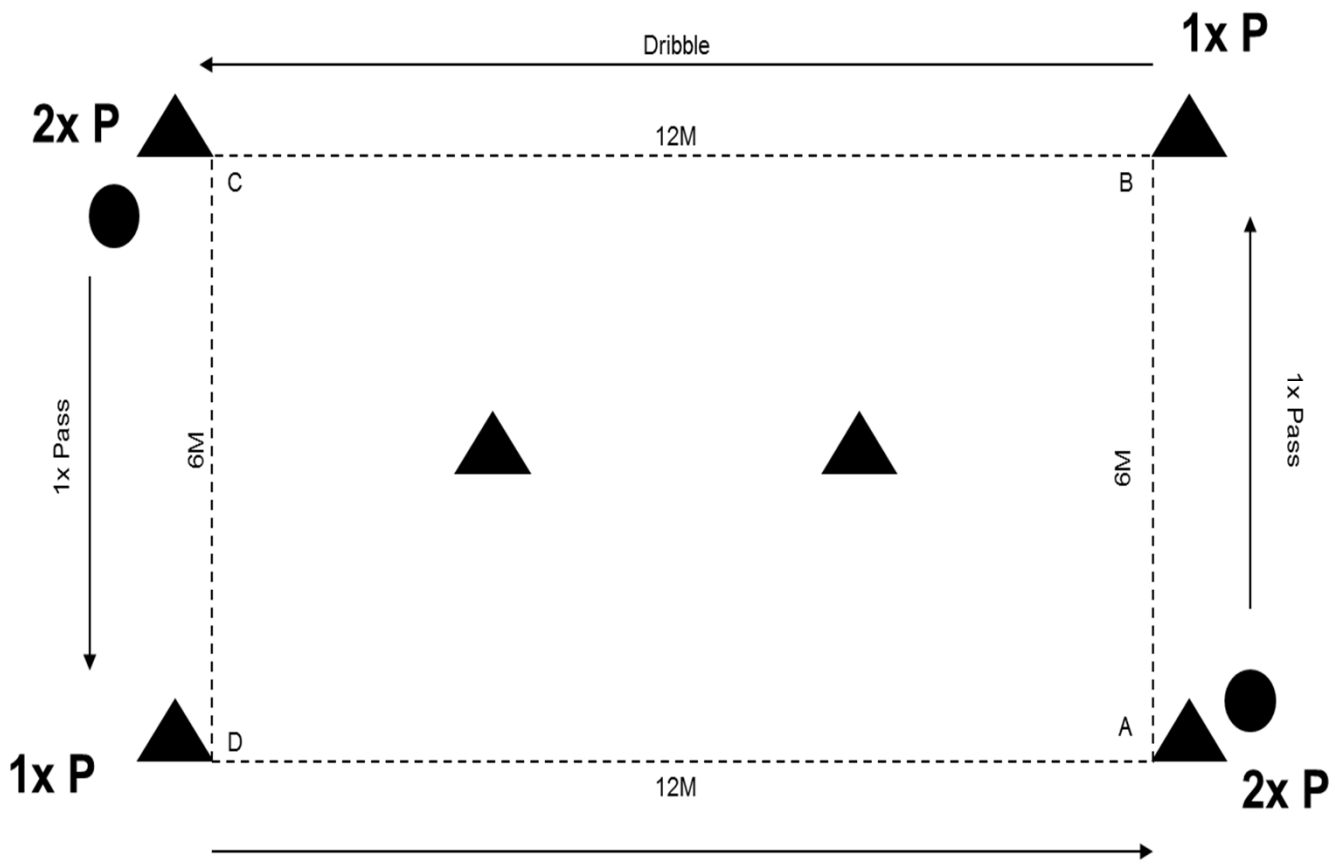
1. All players face the half way line.
2. P1 passes to P4
3. P4 plays the ball square in front of P1.
4. P1 runs to meet the ball and passes to P3.
5. P3 passes along penalty line, P2 shoots at goal.
6. P5 is a defender, do not tackle, just block the shot.
7. P1 takes P4 position - P2 takes P1 position.
8. P3 takes P2 position – P4 takes P3 position
9. P5 re-takes his position.

Drill 12 – Crossing the ball – Right / Left foot



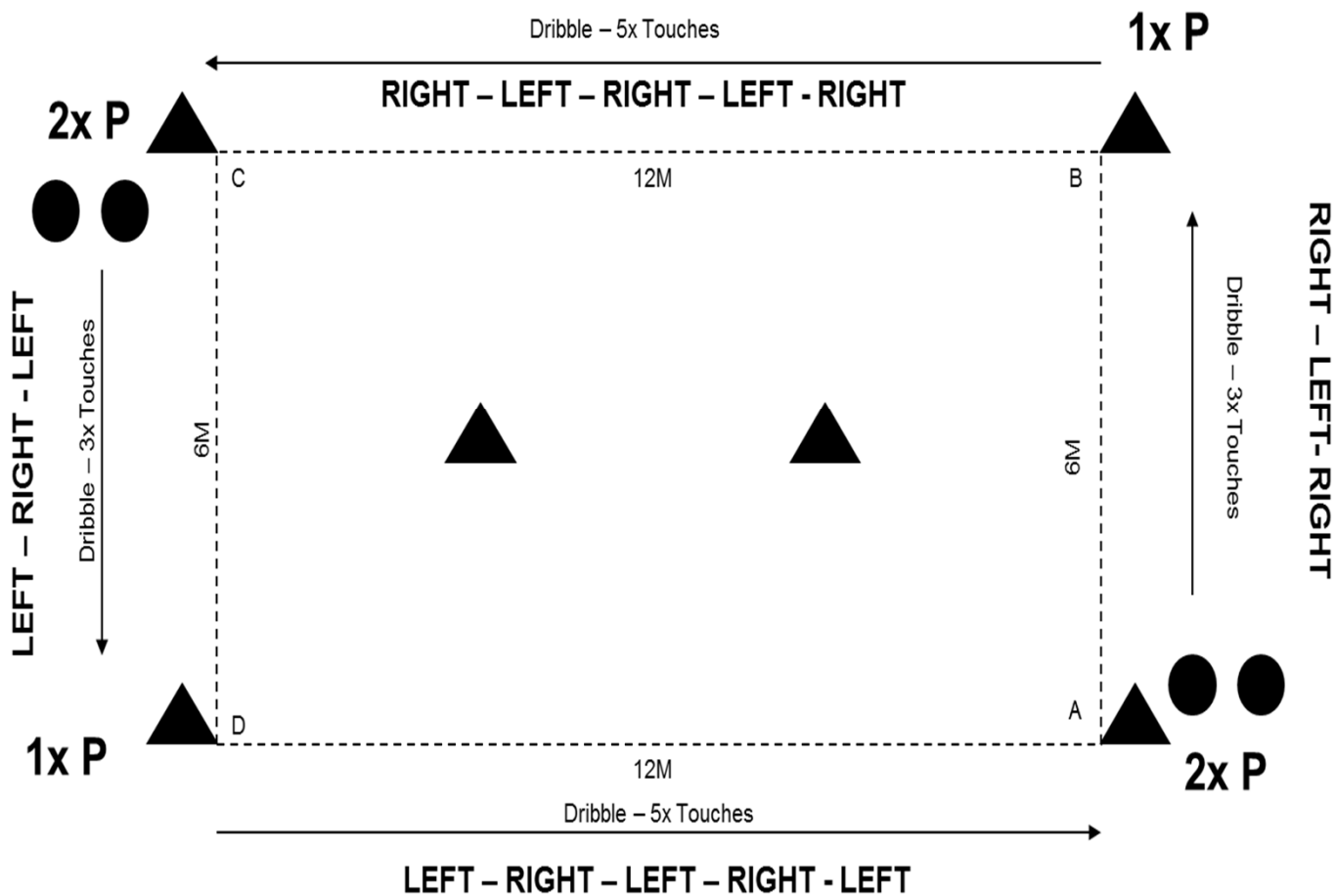
1. 5 v 5 with 2 outside Zones
2. Play 2x Touch, 3x Touch.
3. When the ball is touched 8x, you must pass the ball into one of the zones.
4. The zone players must then cross the ball.
5. One team attacks and one team the defenders.

Drill 13 - One foot only – Right then Left



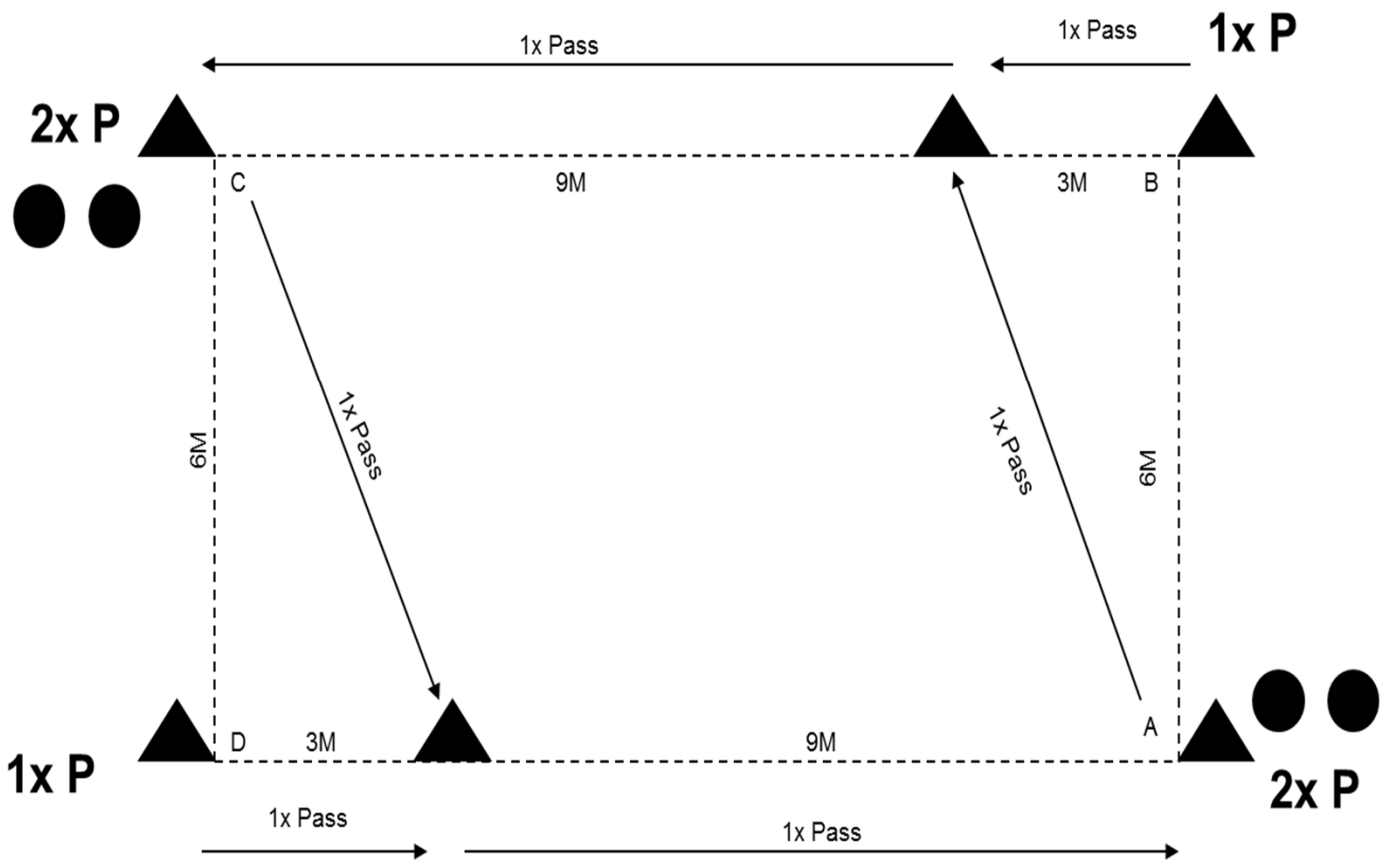
1. One ball only – with right / left only.
2. Player @ Cone A passes to Player @ Cone B
3. Player @ Cone B dribbles to Player @ Cone C
3. Player @ Cone C passes to Player @ Cone D
4. Player @ Cone D dribbles to Player @ Cone A

Drill 14 – Both feet



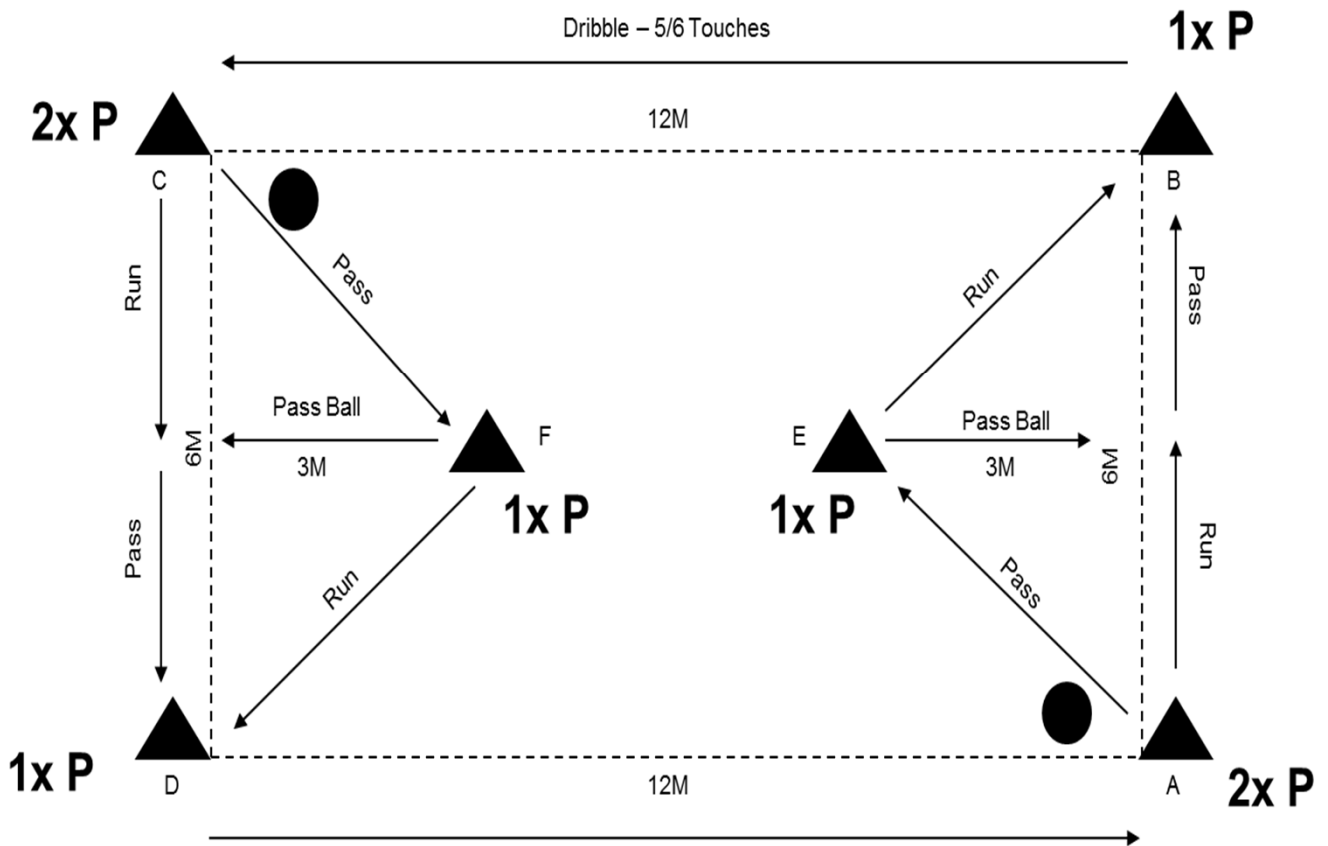
1. Two balls – with right / left only.
2. Player @ Cone A dribbles to Player @ Cone B – both feet
3. Player @ Cone B dribbles to Player @ Cone C – both feet
4. Player @ Cone C dribbles to Player @ Cone D – both feet
5. Player @ Cone D dribbles to Player @ Cone A – both feet

Drill 15 - One foot only – Right / Left



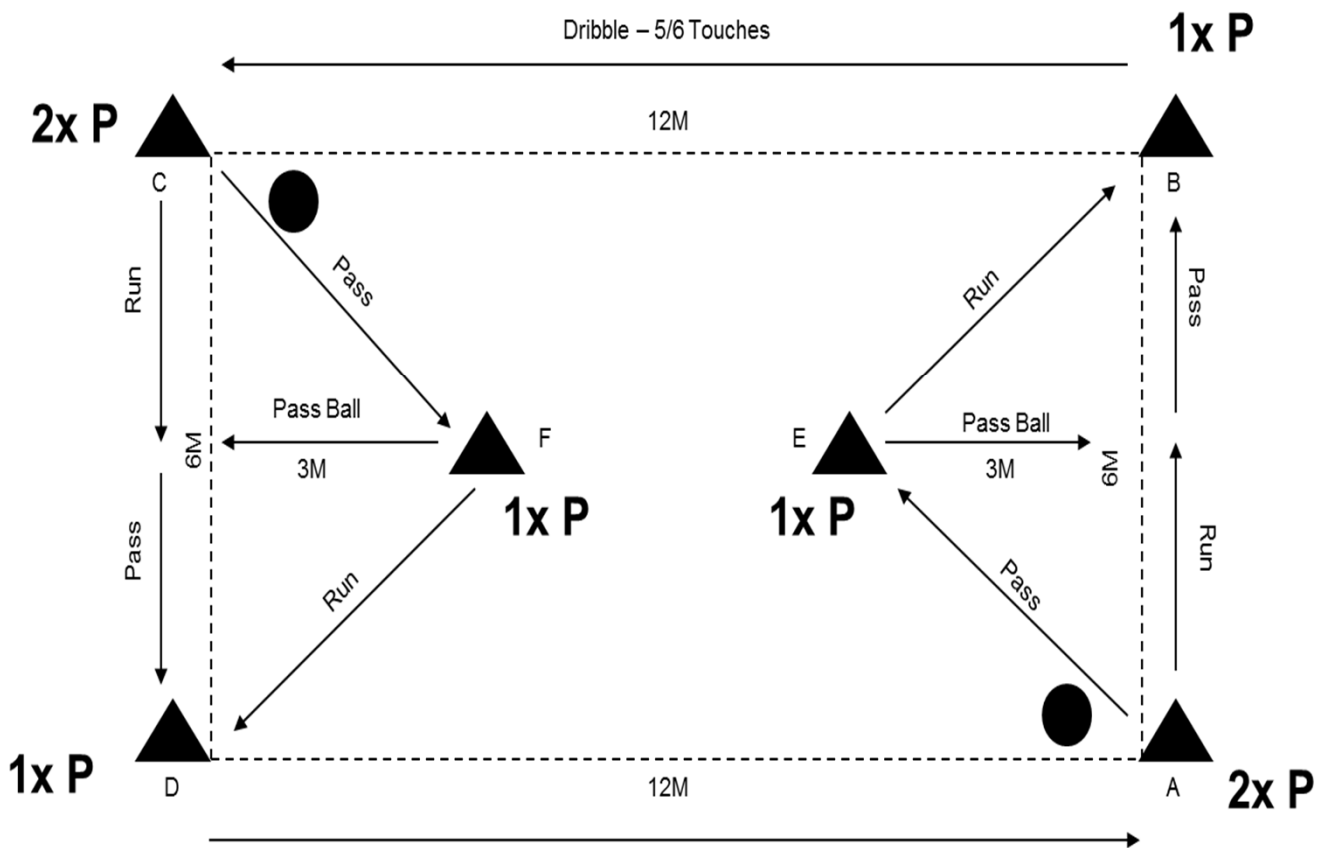
1. Player A passes 3m from Cone B
2. Player A runs to Cone B after pass.
3. Player B runs onto pass and passes to Cone C
4. Player B runs to Cone C after pass
5. Player C passes 3m from Cone D
6. Player C runs to Cone D after pass
7. Player D runs onto pass and passes to Cone A
8. Player D runs to Cone A after pass

Drill 16 - One foot only – Inside of the foot – Right / Left



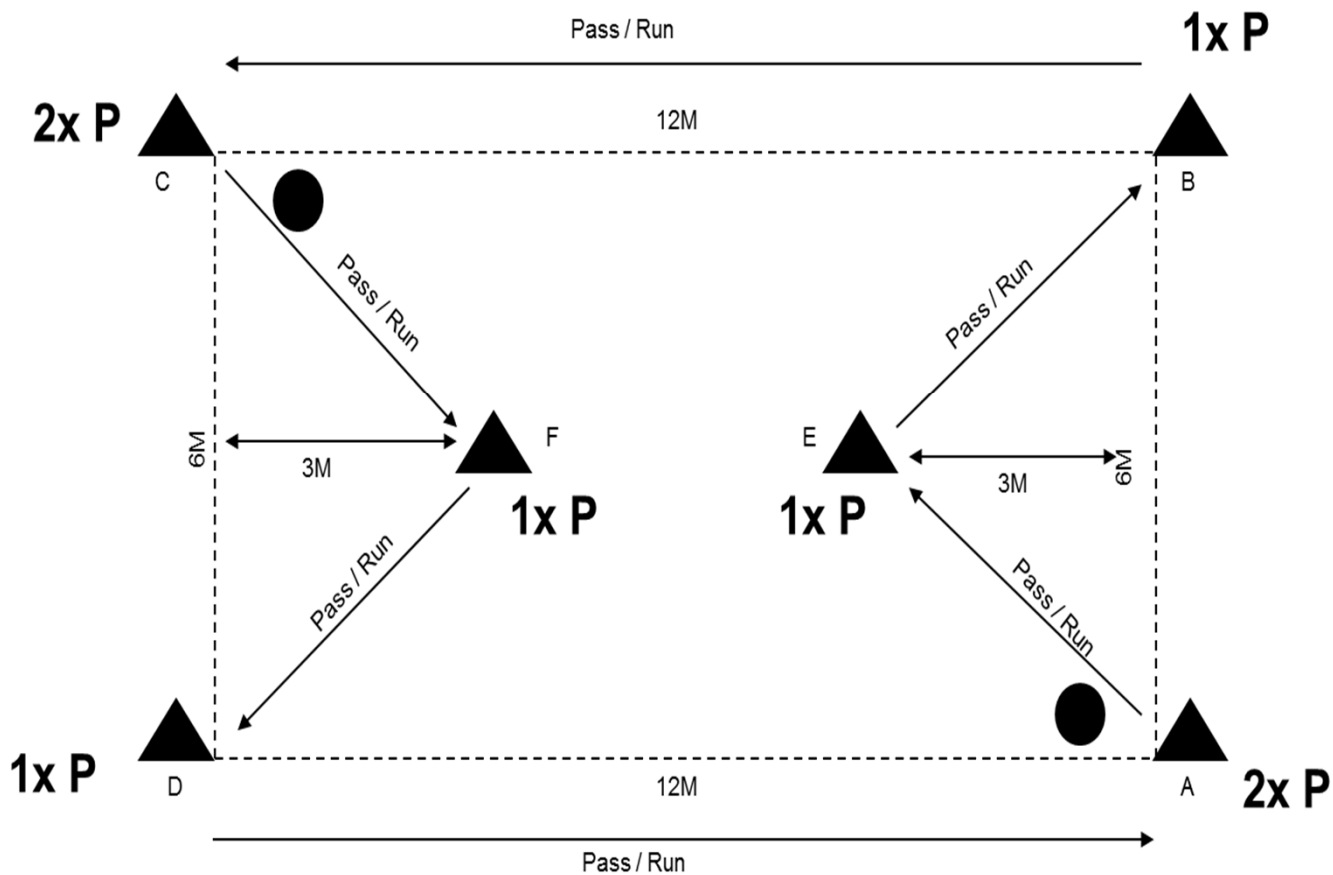
1. Player A passes to player E
2. Player A runs to meet the ball from Player E
3. Player E passes square to Player A
4. Player A passes to Player B
5. Player B dribbles with the ball to cone C
6. Player A takes Player E position
7. Player E runs to Player B position
8. C – F – D – Same exercise.

Drill 17 - One foot only – Outside of the foot – Right / Left

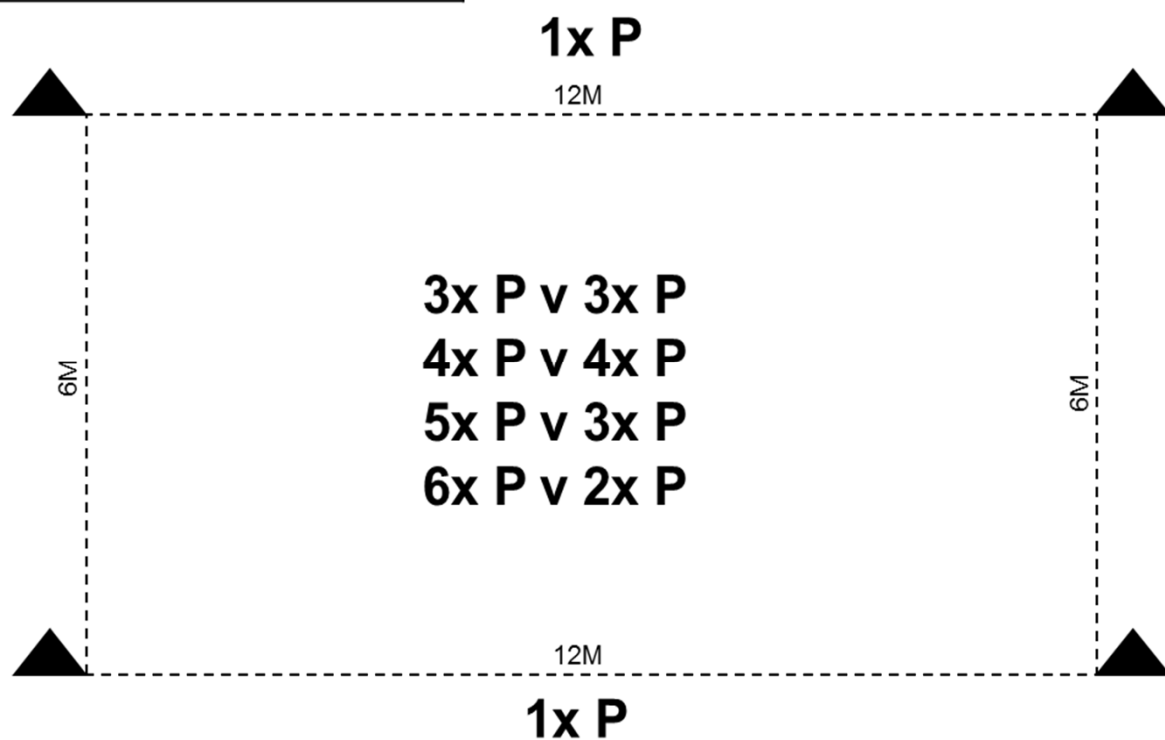


1. Player A passes to player E
2. Player A runs to meet the ball from Player E
3. Player E passes square to Player A
4. Player A passes to Player B
5. Player B dribbles with the ball to cone C
6. Player A takes Player E position
7. Player E runs to Player B position
8. C – F – D – Same exercise.

Drill 19 – Pass / Run - One foot only – Right / Left

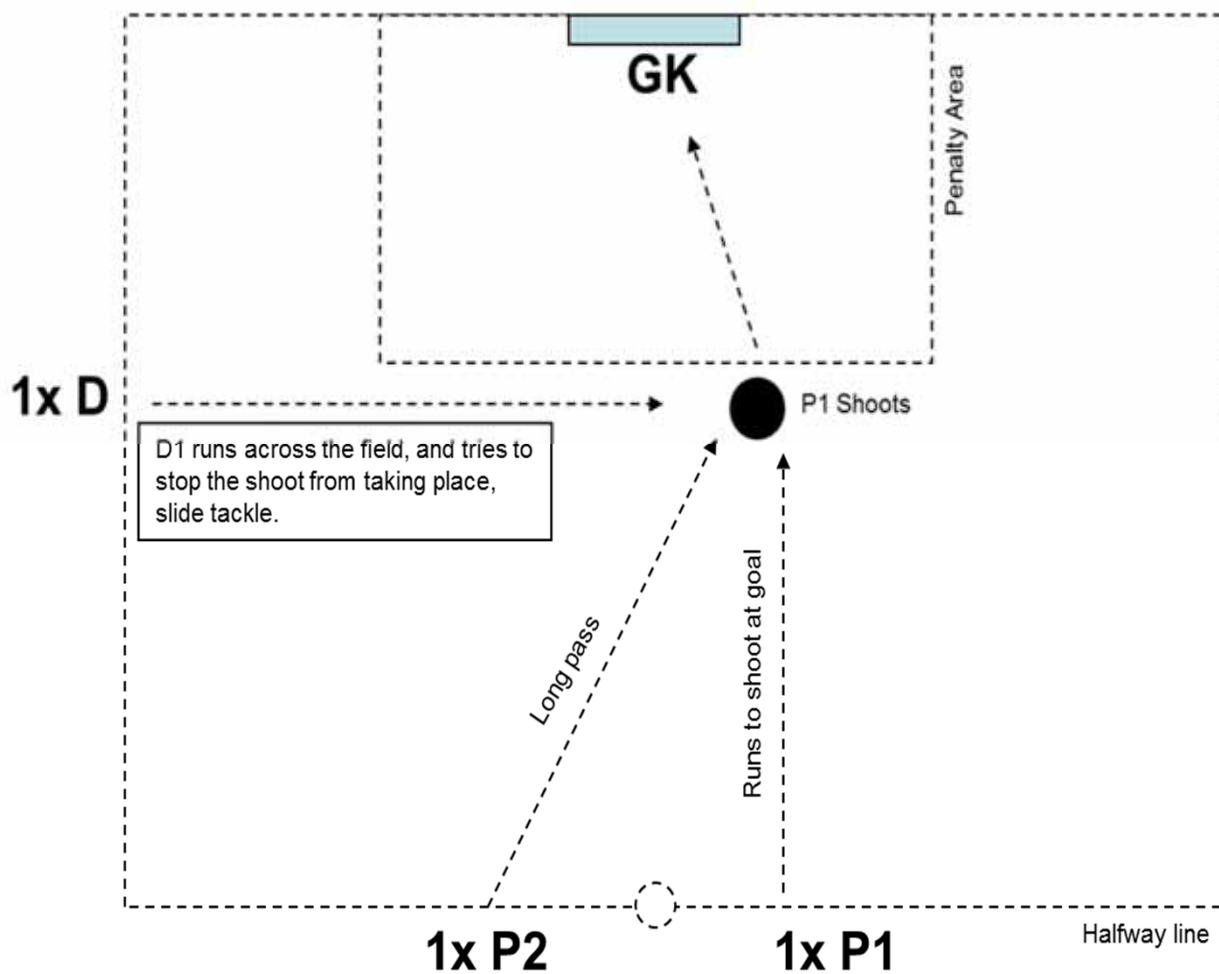


Drill 20 - 3x Touch football



1. One team is called attackers, the other team is defenders.
2. Outside players is the coaches call.
3. 4 / 6 / 8 Passes count as 1 point.
4. Outside players are only aloud to touch the ball 2x.

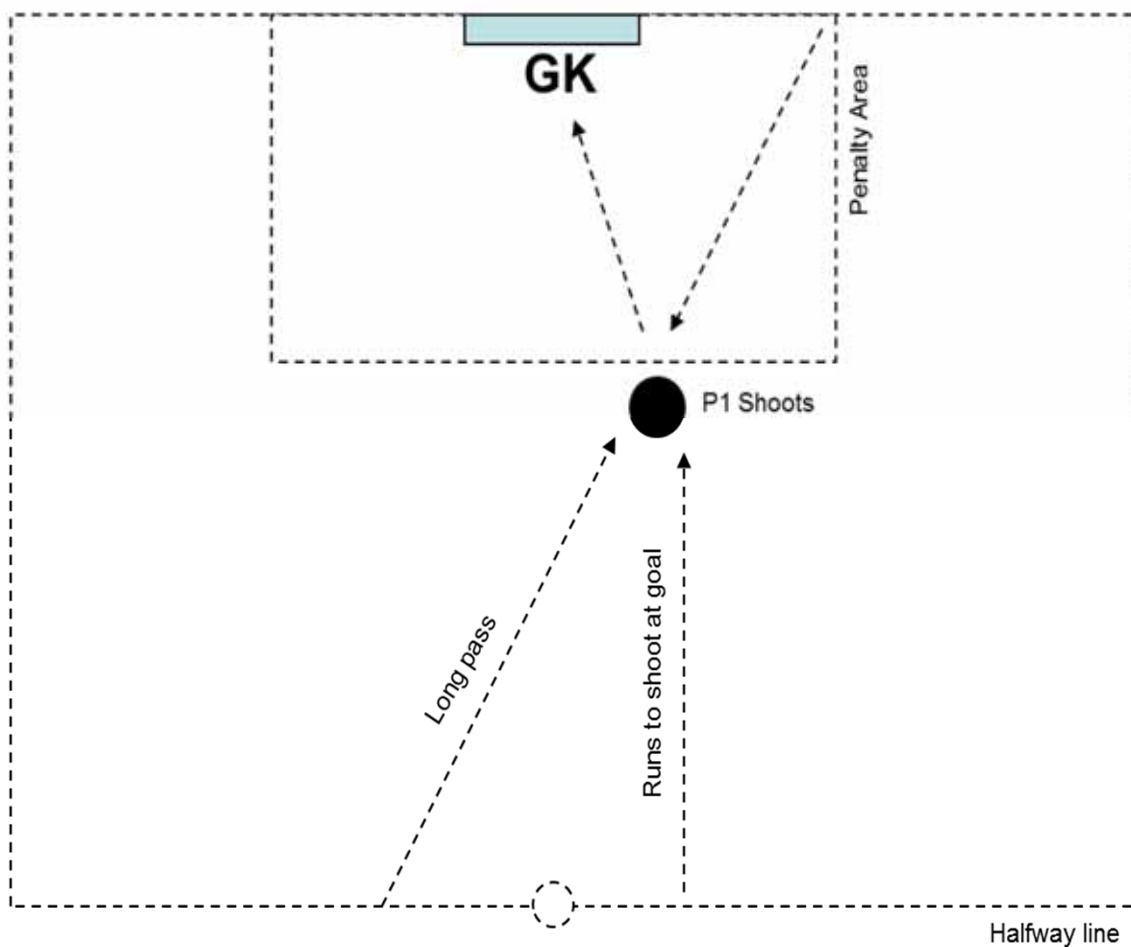
Drill 21 – Right / Left foot – Shots @goal, with defender



1. P2 - Long pass towards the penalty area.
2. P1 - Runs to shoot at goal outside the penalty area.
3. D1 runs across the field, and tries to stop the shoot from taking place, slide tackle.

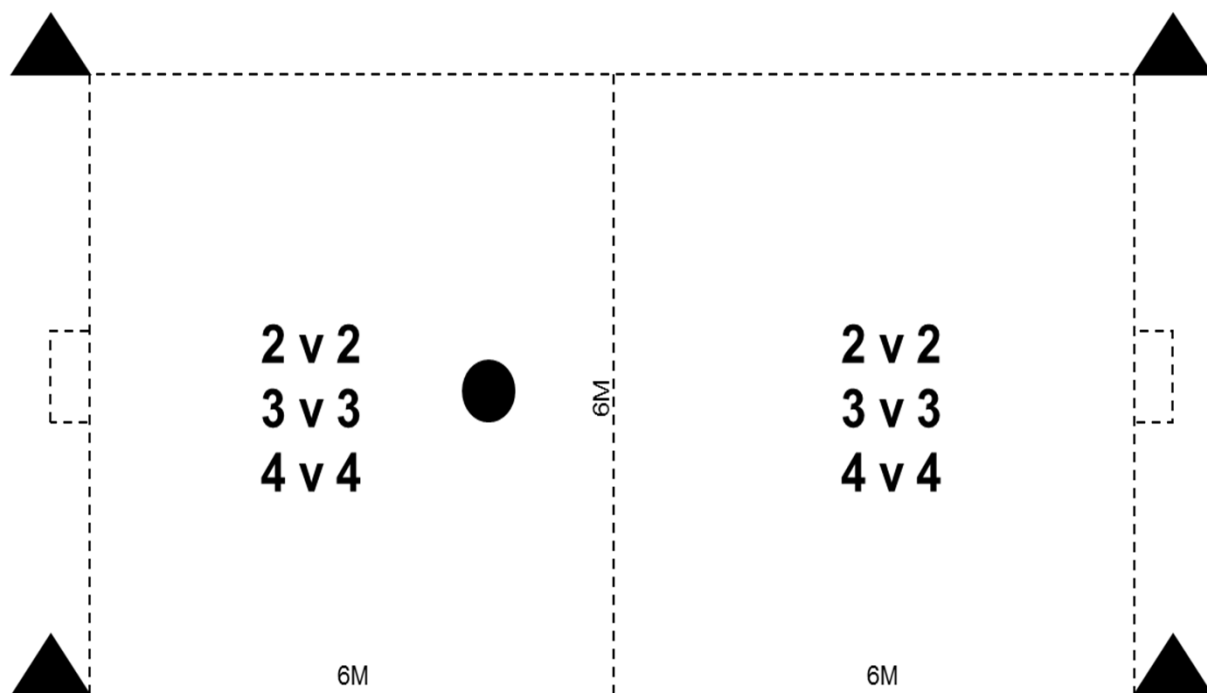
Drill 22 – Right / Left foot - Shots @goal, with defender

1x D1



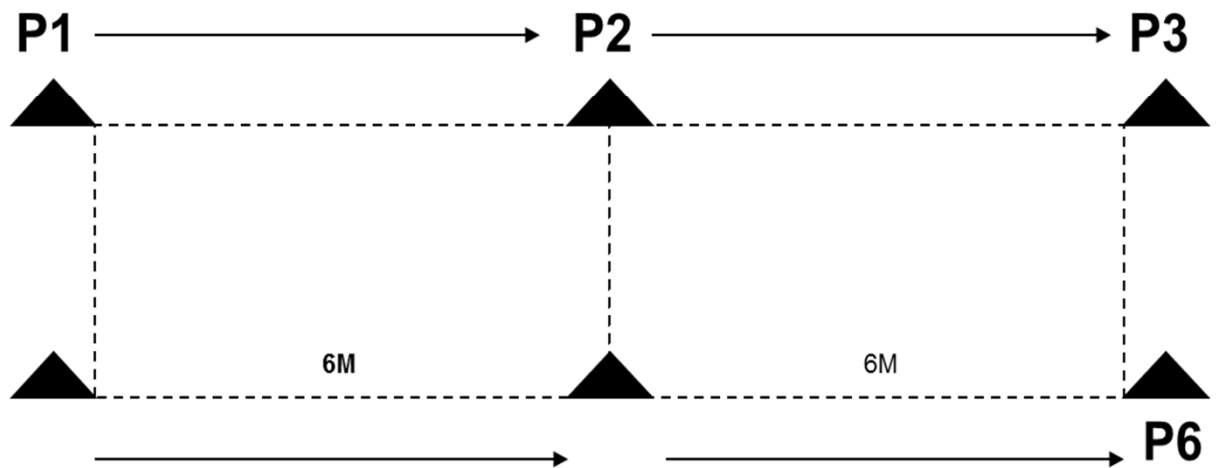
1. P2 - Long pass towards the penalty area.
2. P1 - Runs to shoot at goal outside the penalty area.
3. D1 moves forward and must try to stop the stop shoot from taking place.

Drill 23 – Both feet



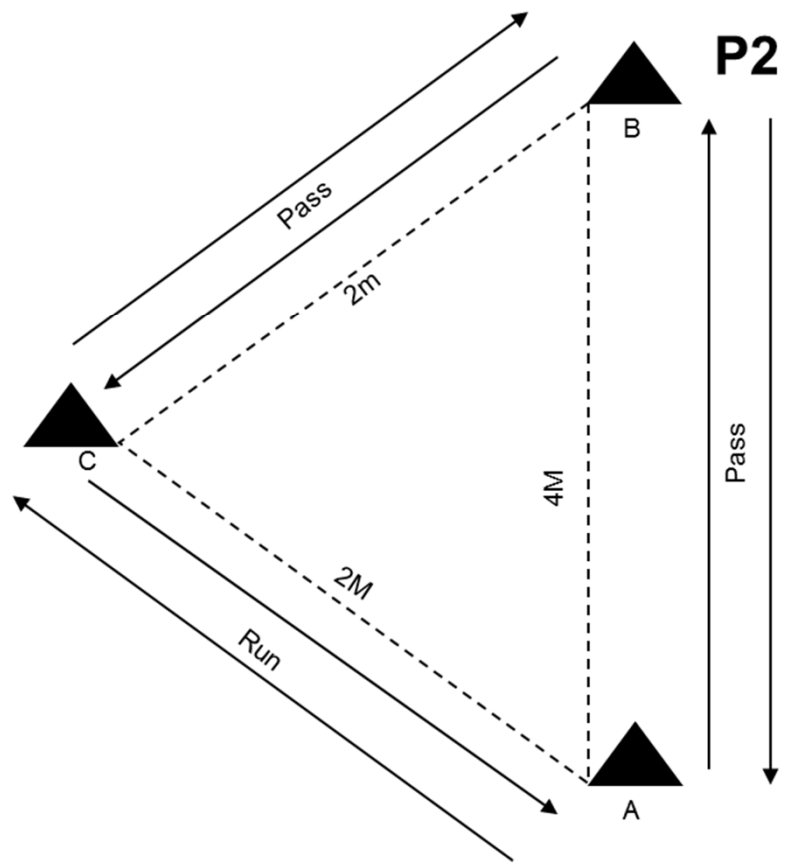
Teams are not aloud over the halfway line

Drill 24 – One foot only – Right / Left



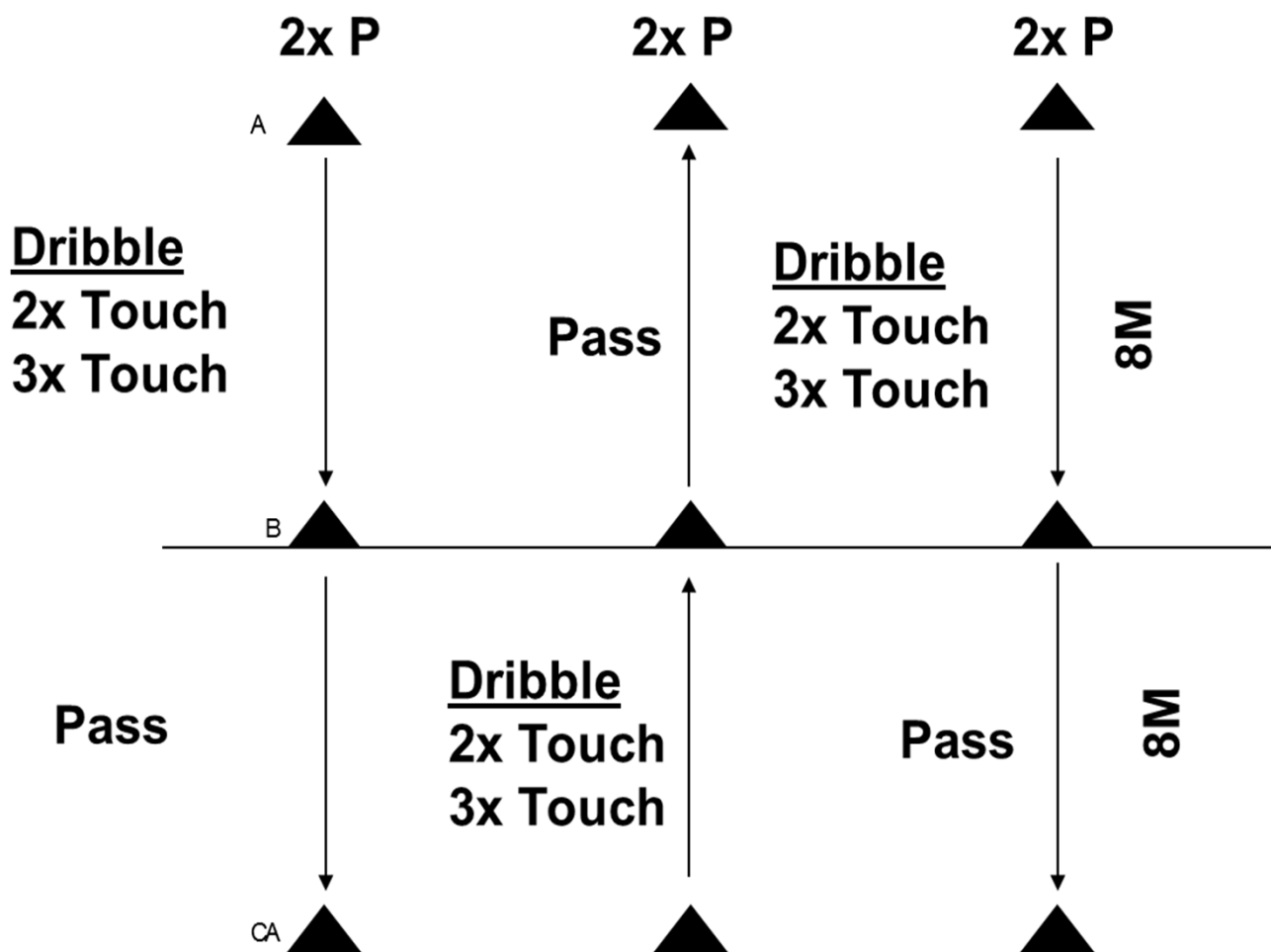
1. P1 faces P2
2. P1 Passes with right foot to P2
3. P2 Stops the ball with the right foot, turns & passes with left foot to P3
4. P1 Passes with right foot to P2
5. P2 turns as the ball arrives and plays the ball with his left foot to P3
6. Once there is a good rhythm change from left foot to right foot.

Drill 25 – Right / Left



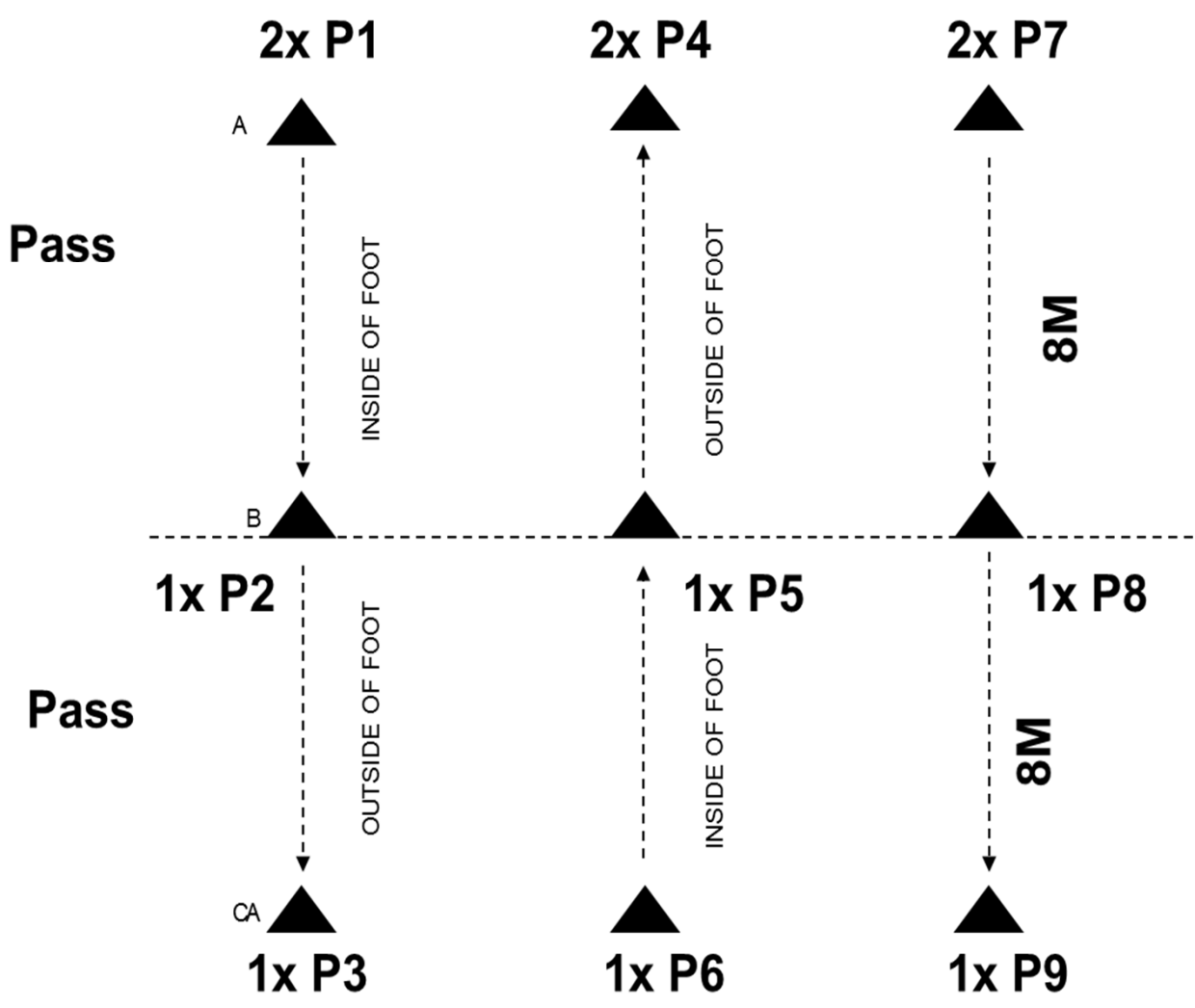
1. P1 is the only player to move.
2. P1 Passes P2
3. P1 Runs to cone C
4. P2 Passes to cone C
5. P1 Passes back to P2
6. P1 runs back to cone A
7. Start exercise again

Drill 26 – Dribble / Pass – Right / Left



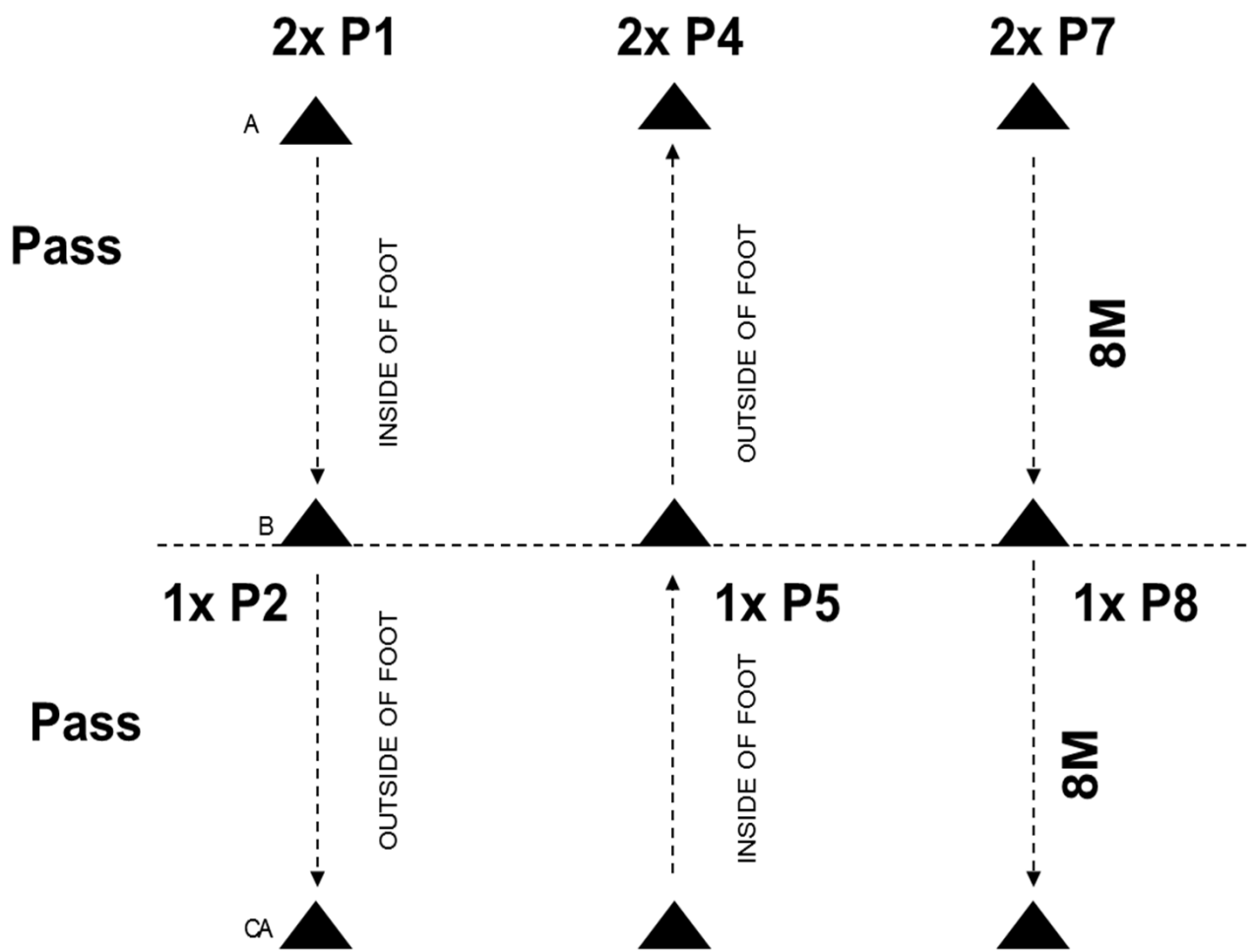
1. P1 @ Cone A Dribbles to cone B, then passes to Cone C, P1 runs to Cone C.
2. P2 @ Cone C Dribbles to Cone B, then passes to Cone A, P2 runs to Cone A.

Drill 27 – Pass / Run – Right / Left – Inside / Outside



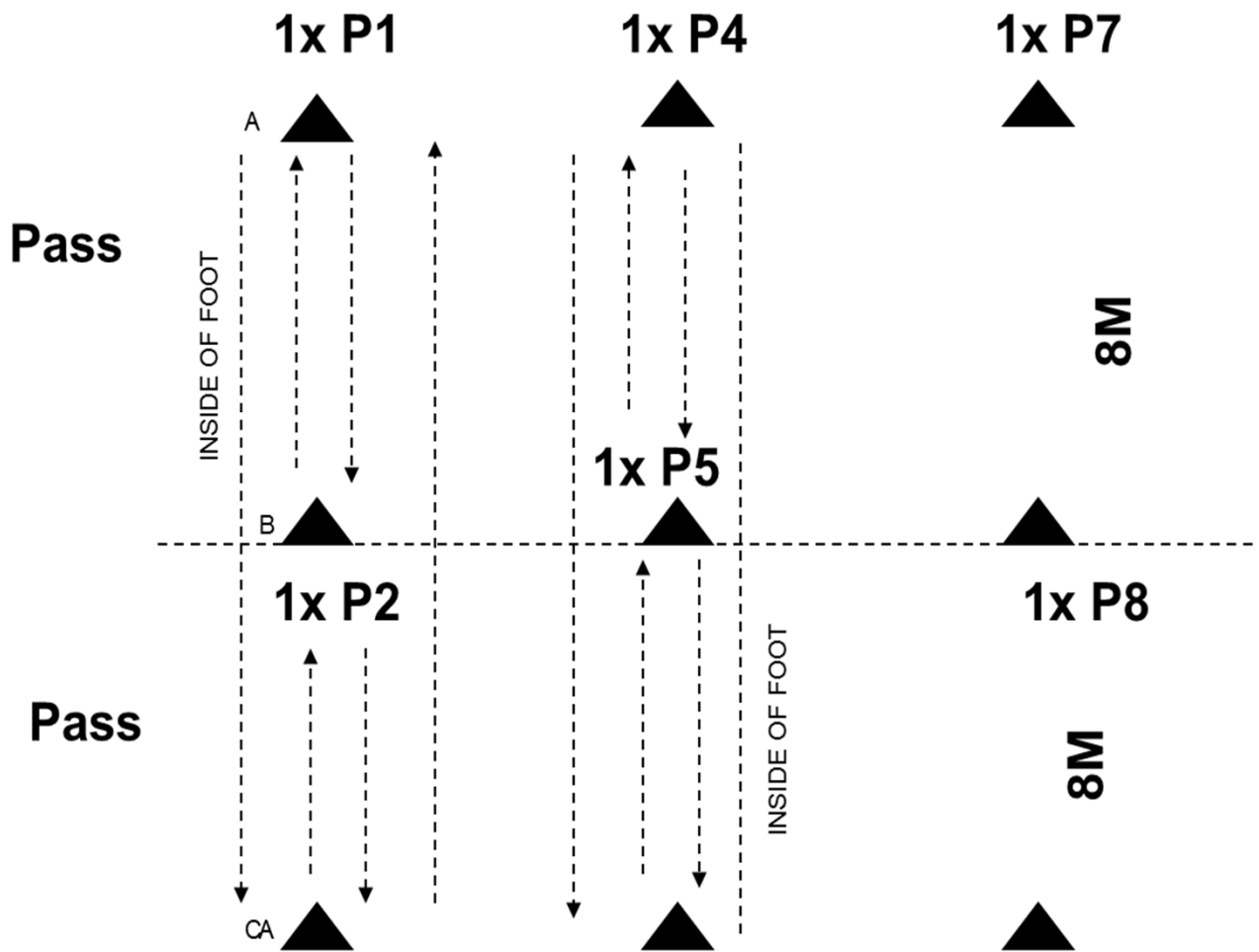
1. P1 PASSES INSIDE OF FOOT TO P2, P2 STOPS, TURNS & PASSES TO P3 OUTSIDE OF FOOT.
2. P1 RUNS TO P2 POSITION, P2 RUNS TO P3 POSITION, P3 RUNS TO POSITION P2 – AFTER PASS

Drill 28 – Pass / Run – Right / Left – Sole of foot



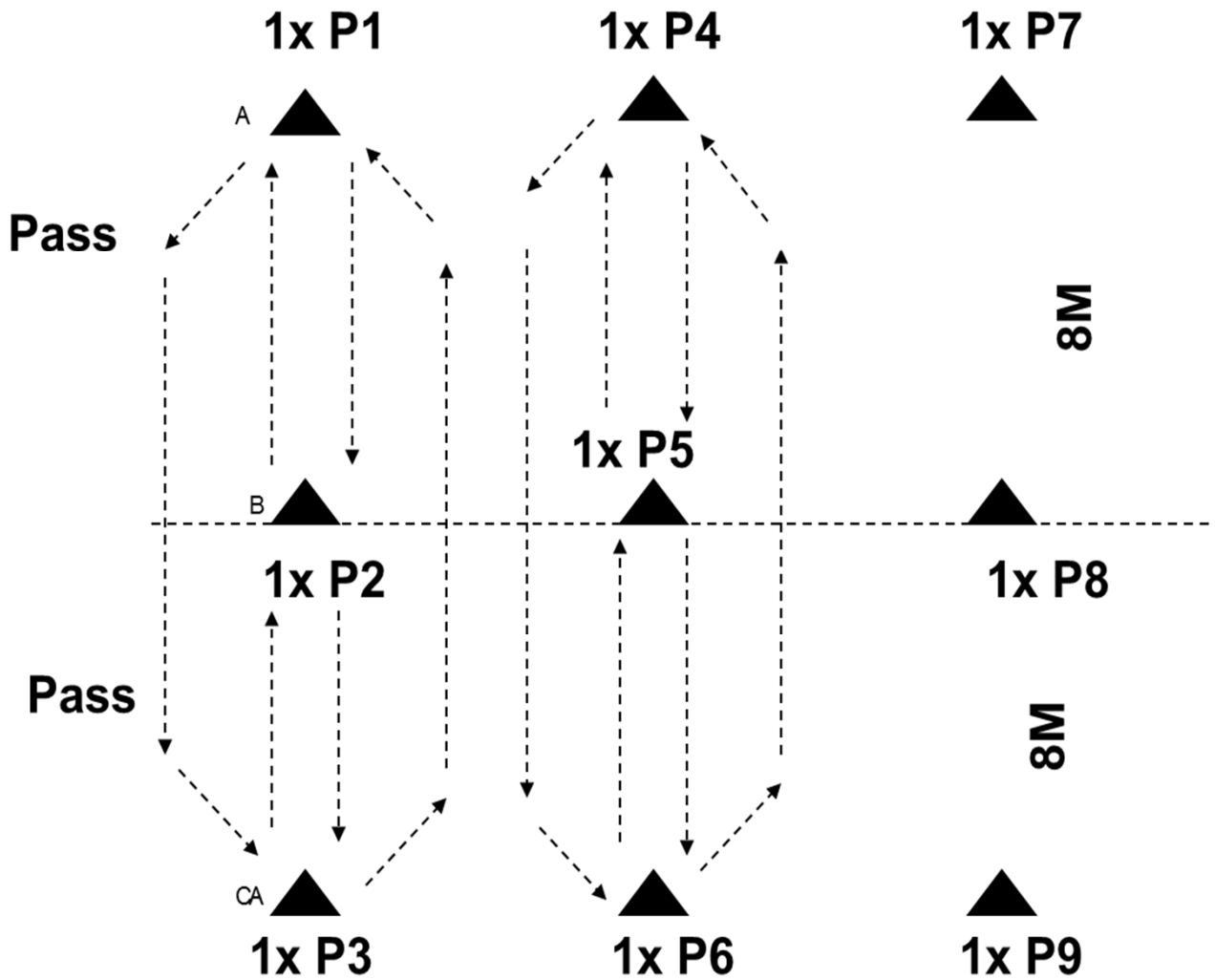
1. P1 - PASSES INSIDE OF FOOT TO P2, P2 - STOPS THE BALL - SOLE OF FOOT - TURNS & PASSES TO P3 - OUTSIDE FO FOOT.
2. P1 RUNS TO P2 POSITION, P2 RUNS TO P3 POSITION, P3 RUNS TO POSITION P2 – AFTER PASS
3. P1 - PASSES OUTSIDE OF FOOT TO P2, P2 - STOPS THE BALL – SOLE OF FOOT – TURNS & PASSES TO P3 – OUTSIDE OF FOOT.

Drill 29 – Right / Left – Inside / Outside – Short / Long pass – Along the ground



1. P1 PASSES INSIDE OF FOOT TO P2, P2 PASSES INSIDIE OF FOOT BACK TO P1, P1 PASSES INSIDE OF FOOT TO P3.
2. P2 DOESN'T MOVE - ONLY P1 & P3 RUN.
3. AFTER P1 HAS PASSED TO P3 – P3 RUNS TO P3 POSITION.

Drill 30 – Right / Left – Inside / Outside – Short / Long pass – Rainbow ball



1. P1 PASSES INSIDE OF FOOT TO P2, P2 PASSES INSIDIE OF FOOT BACK TO P1, P1 PASSES RAINBOW PASS TO P3.
2. P2 DOESN'T MOVE - ONLY P1 & P3 RUN.
3. AFTER P1 HAS PASSED TO P3 – P3 RUNS TO P3 POSITION.

