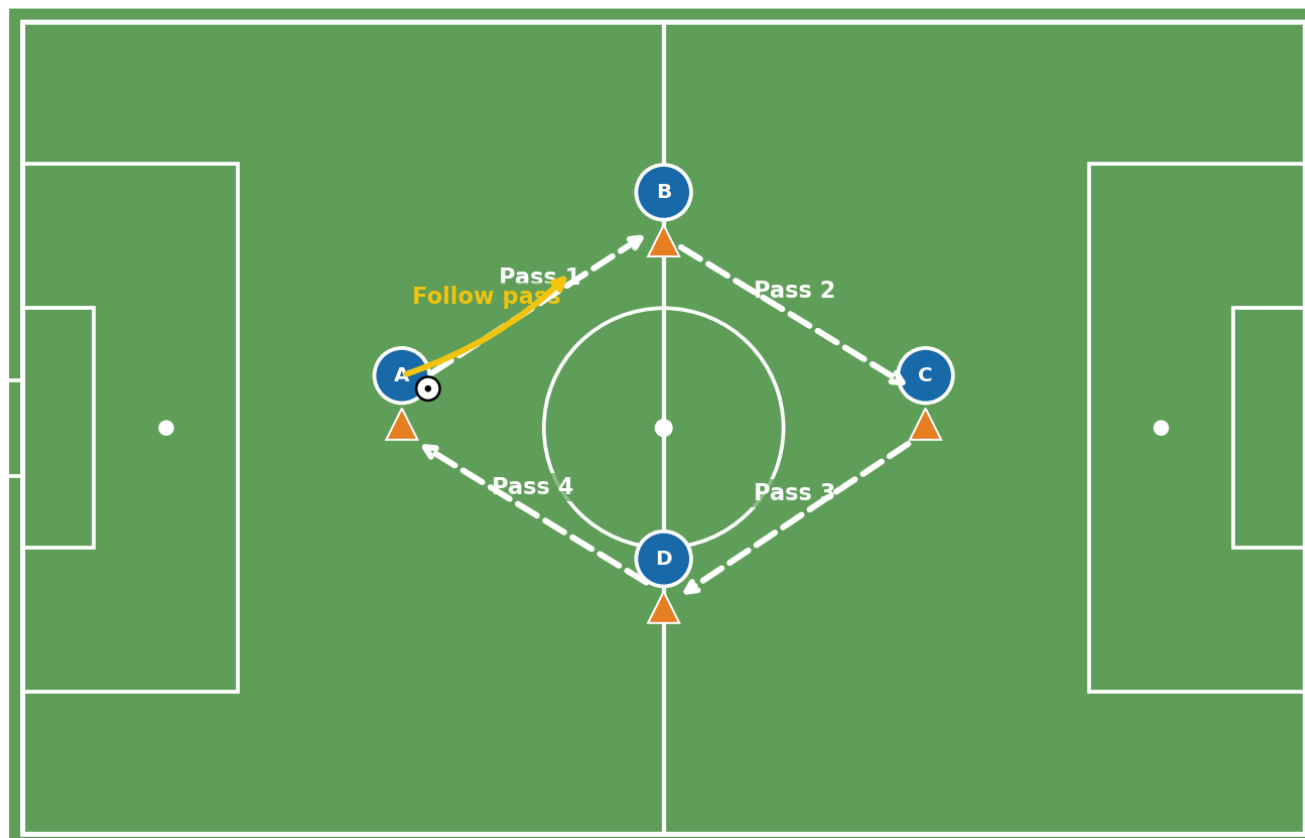


Drill 2 - Passing Diamond



SOCCER DRILL DESIGN & MEDIA GUIDE

How to plan, diagram, animate, film, and share effective coaching drills

Designed for: Grassroots, academy, school, and club coaches who need a repeatable way to explain training activities clearly.

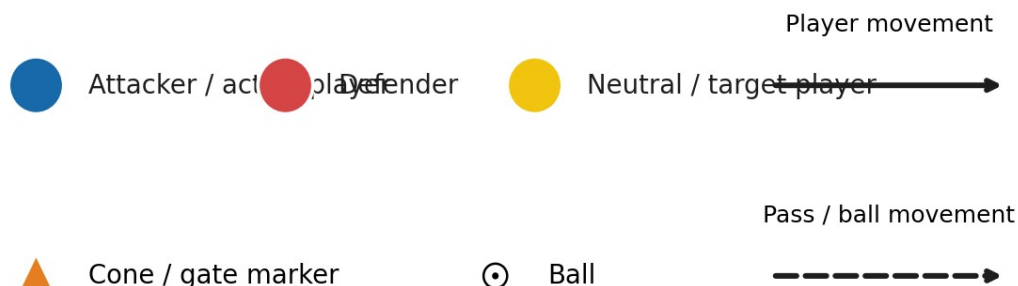
Includes six ready-to-use drills, a drill-design canvas, a filming checklist, and companion GIF/MP4 animation files.

How to Use This Guide

Use the guide in two ways: first as a coaching framework, then as a production workflow. The goal is not to make fancy media. The goal is to make the drill easy to understand before players step onto the field.

1. Design the learning outcome and rules before drawing anything.
2. Build a clean static diagram using the visual language in this guide.
3. Add movement in PowerPoint, Canva, or specialist coaching software.
4. Film the live drill from a useful angle and annotate only the key moments.
5. Save the drill using a consistent file name so it can be reused by every coach.

Drill Diagram Visual Language



The PDF version shows a still image from the companion animation. The Word file can be edited. The separate GIF and MP4 demonstrate the animated passing sequence.

Contents and File Bundle

The package includes an editable Word guide, a print-ready PDF, an animated GIF, and an MP4 video. Use the Word file to customize drills, the PDF for field-side reference, and the media files as examples for your own animations.

1	The drill-design framework
2	Field setup and delivery
3	Static diagrams
4	Animations
5	Filming and video analysis
6	Six sample drills
7	Session planning
8	Templates and checklists

Recommended workflow

Plan	Diagram	Animate	Film	Review
Outcome + rules	Starting picture	Sequence + timing	Wide + close clip	Keep only useful media

Best practice: Keep the PDF and diagram simple. Deliver movement through the separate MP4 or GIF so the animation plays reliably on phones, laptops, and team platforms.

1. The Drill-Design Framework

A useful drill starts with one observable behaviour. “Improve passing” is too broad. “Receive on the back foot and play forward within two touches” gives the coach, players, and video editor something specific to look for.

Six-Part Drill Design Sequence



The six decisions

- 1. Outcome** - Write one sentence beginning with: “By the end of this drill, players will...”
- 2. Numbers** - Choose individual, pair, unit, or team work. Avoid long lines and inactive players.
- 3. Space** - Set the area to create the behaviour. Smaller space increases pressure; larger space increases time and running.
- 4. Rules** - Use one or two constraints, such as two-touch play, directional targets, time limits, or bonus points.
- 5. Coaching cues** - Choose no more than three short cues. Freeze the drill only when the whole group benefits.
- 6. Progression** - Plan how to increase challenge and how to simplify the activity if success is too low.

Success-rate guide: For skill learning, aim for enough difficulty that players must solve problems, but not so much that the activity collapses. As a practical coaching estimate, adjust space, pressure, or rules when success is consistently below about 50% or above about 85%.

Drill Design Canvas

Complete this page before building the diagram or recording the drill. It becomes the specification for the coach and the media creator.

Drill name	
Learning outcome	By the end, players will...
Players and groups	
Area and equipment	
Rules and scoring	
Three coaching cues	1. 2. 3.
Progression / regression	
How success will be measured	

Age and stage adjustments

Stage	Main need	Coach language	Typical activity length
U6-U8	Ball contact, fun, direction changes	One instruction at a time	45-90 seconds
U9-U12	Technique under light pressure	Show, play, brief correction	2-4 minutes
U13-U16	Scanning, decisions, unit tactics	Use questions and game references	3-6 minutes
Older youth/adult	Game model, role clarity, intensity	Link actions to match problems	4-8 minutes

2. Field Setup and Delivery

Equipment checklist

- Cones or flat markers in at least two colours
- One ball per player for technical work; extra balls near the coach for game activities
- Bibs in two or three colours
- Portable goals or cone gates
- Whistle, timer, clipboard/tablet, and first-aid access
- Tripod or stable phone mount when filming

Ten-minute setup routine

6. Walk the space and remove hazards.
7. Build the largest activity first, then place smaller warm-up areas inside it.
8. Put spare balls where restarts will happen.
9. Place bibs and equipment by group before players arrive.
10. Stand where every player can see the demonstration without facing the sun.
11. Demonstrate at game speed once, then slowly once.
12. Start play quickly. Add detail after players have experienced the problem.

Coach position

Stand where you can see the action, the next pass, and the off-ball players. Avoid living inside the drill. Move around the outside, then step in only for a short intervention. When filming, keep the coach out of the main camera lane whenever possible.

A clear coaching intervention

Observe	Stop	Show	Restart
Confirm the pattern repeats	Freeze only if many players benefit	Use one cue and a quick picture	Replay from just before the moment

Keep players active: Long explanations reduce repetitions and make video less useful. A good rule is to coach for less time than the players were just active.

3. Creating Static Drill Diagrams

A diagram should answer four questions in five seconds: Where is the area? Where do players start? Where does the ball go? What is the first movement?

Use a consistent visual language

- One colour for attackers, one for defenders, and a third for neutral players or goalkeepers.
- Solid arrows for player movement; dashed arrows for the ball.
- Number sequences only when order matters.
- Show the starting picture, not every possible outcome.
- Keep text outside the field whenever possible.

Fast method: PowerPoint or Google Slides

13. Insert a green rectangle and add white pitch lines, or use a legally licensed pitch template.
14. Create one player marker, one cone, one ball, and two arrow styles.
15. Duplicate objects rather than redrawing them so size stays consistent.
16. Group each player label with its circle.
17. Add a short title, objective, and three coaching cues.
18. Export the slide as PNG for a session plan or as PDF for printing.

Fast method: Canva

Canva works well for branded handouts, social clips, and simple animated explainers. Build the pitch and symbols once, lock the background, duplicate the page, and change only the movements. Canva supports presentations, video creation, and object/page animation, so the same design can become a handout or a short video.

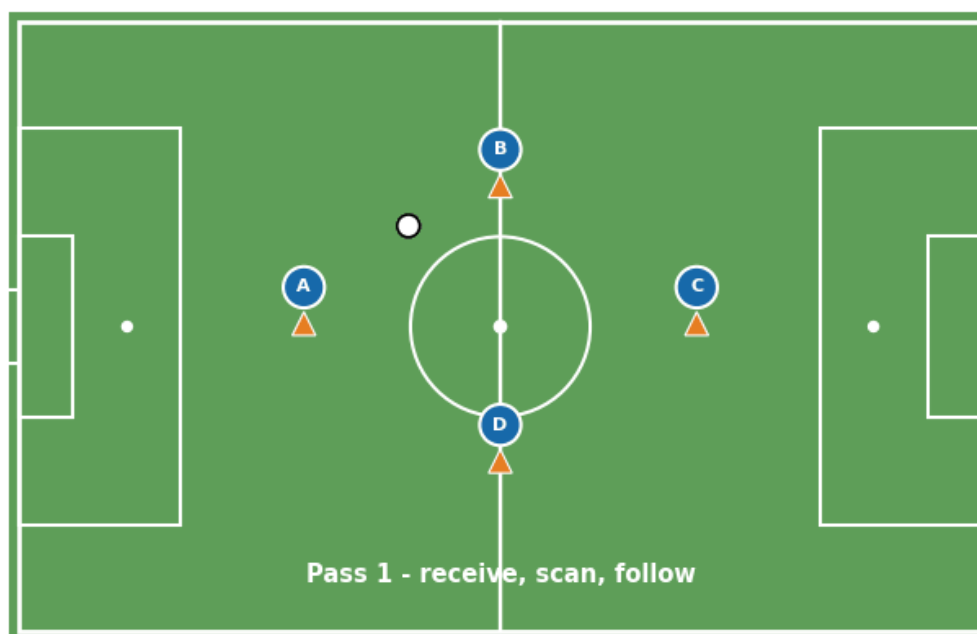
Specialist method: TacticalPad

TacticalPad is designed specifically for drills, formations, and session planning. Its current product materials describe 2D/3D animation, sharing, and support across desktop and mobile platforms. Use a specialist tool when several coaches need a repeatable library rather than one-off graphics.

4. Creating Drill Animations

Animation should reveal sequence and timing. It should not attempt to show every decision. Build one phase at a time: starting positions, first pass, supporting run, next action, reset.

Animated Passing Diamond - Sample



Companion files: [sample_passing_diamond_animation.gif](#) and [sample_passing_diamond_animation.mp4](#)

Option A: PowerPoint motion paths

19. Create the starting diagram on one slide.
20. Select a player or ball object, then choose Animations > Add Animation > Motion Paths.
21. Draw or edit the path so the object finishes exactly where the next action begins.
22. Open the Animation Pane and set the sequence to On Click, With Previous, or After Previous.
23. Use short durations for the ball and slightly longer durations for supporting runs.
24. Export the slide deck as MP4, or screen-record the presentation with narration.

Animation rule: The ball normally moves faster than players. If every object moves at the same speed, the animation looks artificial and can teach the wrong timing.

Option B: TacticalPad

- Place players, equipment, and zones on the pitch.

- Create animation steps rather than one long movement.
- Use 2D for teaching clarity; use 3D only when the viewing angle adds information.
- Add short notes for the coach, then export or share the visual with the team.

Option C: Canva

- Duplicate pages to create a storyboard of positions.
- Use element animations or page transitions for simple movement.
- Record a voice-over or talking-head explanation when context matters.
- Export a short MP4 for team chat, learning platform, or social media.

Animation storyboard template

Step	What moves?	Coach message	Duration
1			1-3 sec
2			1-3 sec
3			1-3 sec
4			1-3 sec
5			1-3 sec

5. Filming and Video Analysis

Before filming

- Follow your club, league, school, and local rules for consent and youth privacy.
- Tell players what is being recorded, why it is being recorded, and who will receive it.
- Avoid posting identifiable youth footage publicly unless proper permission is in place.
- Charge the phone, clear storage, use airplane/do-not-disturb mode, and test the frame.

Recommended camera angles

Angle	Best for	Risk
High and wide	Shape, spacing, pressing, support	Harder to see technique
Side-on	Passing mechanics, running lines, timing	Players can overlap in frame
Behind goal/end line	Finishing, goalkeeper, defensive line	Limited view of build-up
Close detail	First touch, body shape, striking technique	Loses tactical context

Simple filming workflow

25. Record a 5-10 second empty-field setup shot.
26. Record the coach demonstration.
27. Record one wide block without stopping the camera.
28. Capture one close angle only if it supports the learning outcome.
29. Mark the best moments immediately after training so they are easy to find.
30. Edit to the shortest clip that proves the coaching point.

Annotating live video

Coach Paint is built for sports video analysis and offers telestration-style graphics for highlighting players, spaces, and actions. Use annotations sparingly: one circle, one line, and one sentence are often enough. Freeze before the decision, ask the player what they see, then play the outcome.

A useful 45-second teaching clip

Time	Visual	Audio/text
0-5 sec	Title and starting diagram	State the one outcome
5-15 sec	Animation or coach demo	Explain the first two actions
15-35 sec	Live drill clip	Pause once to highlight the cue
35-45 sec	Successful repetition	Repeat the cue and next challenge

6. Six Ready-to-Use Drills

Drill 1: Gate Dribbling

Objective	Change direction with close control while scanning for space.	Ages	U6-U12
Players	6-16	Area	25 x 20 yards; adjust to numbers

Equipment: 1 ball per player, 12-20 cones

Drill 1 - Gate Dribbling

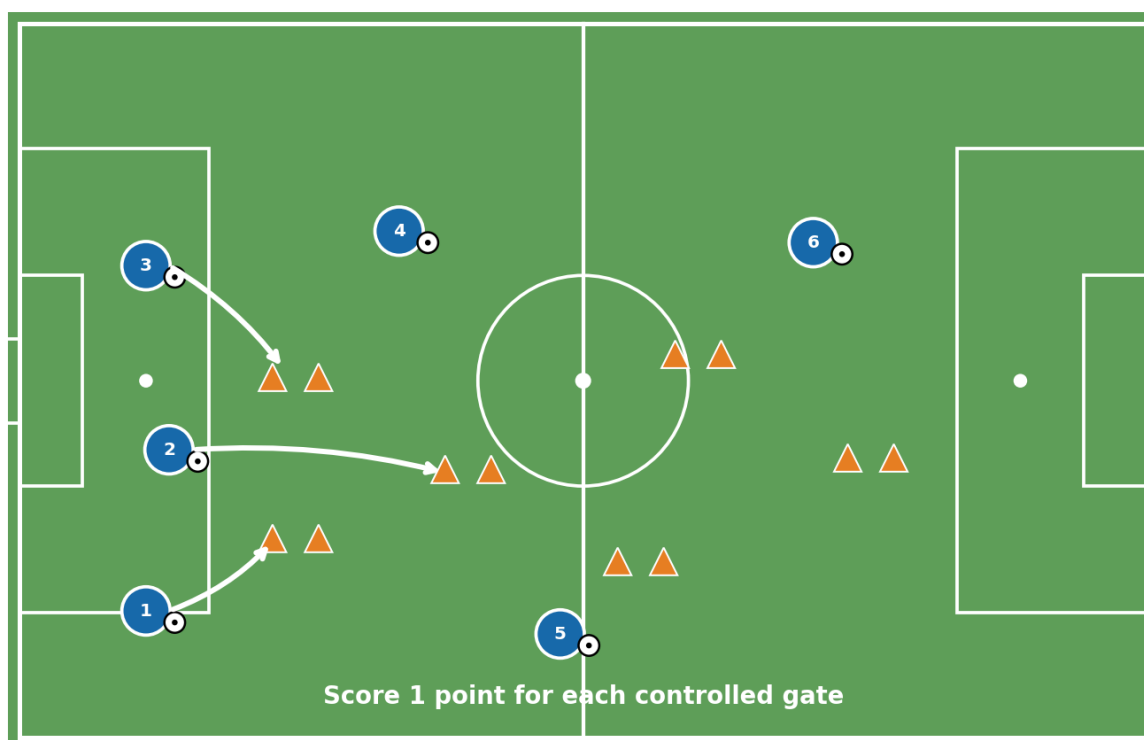


Figure 1. Gate Dribbling setup and movement.

Setup

- Create 6-10 cone gates spread through the area.
- Every player starts with a ball.
- Gates should be wide enough for early success.

Rules and scoring

- Players score one point each time they dribble through a new gate.
- They cannot use the same gate twice in a row.
- Play 45-75 seconds, then change the challenge.

Coaching cues

- Small touches near pressure.
- Eyes up between touches.
- Accelerate after the turn.

Progressions	Regressions
• Use only the weaker foot. • Add a defender who can steal any ball.	• Increase gate width. • Remove defenders.

- Different turns earn different points.

- Allow players to stop the ball before turning.

Drill 2: Passing Diamond

Objective	Pass accurately, receive across the body, and support the next action.	Ages	U9-adult
Players	4-8 per diamond	Area	12-18 yard diamond

Equipment: 4 cones, 1-2 balls

Drill 2 - Passing Diamond

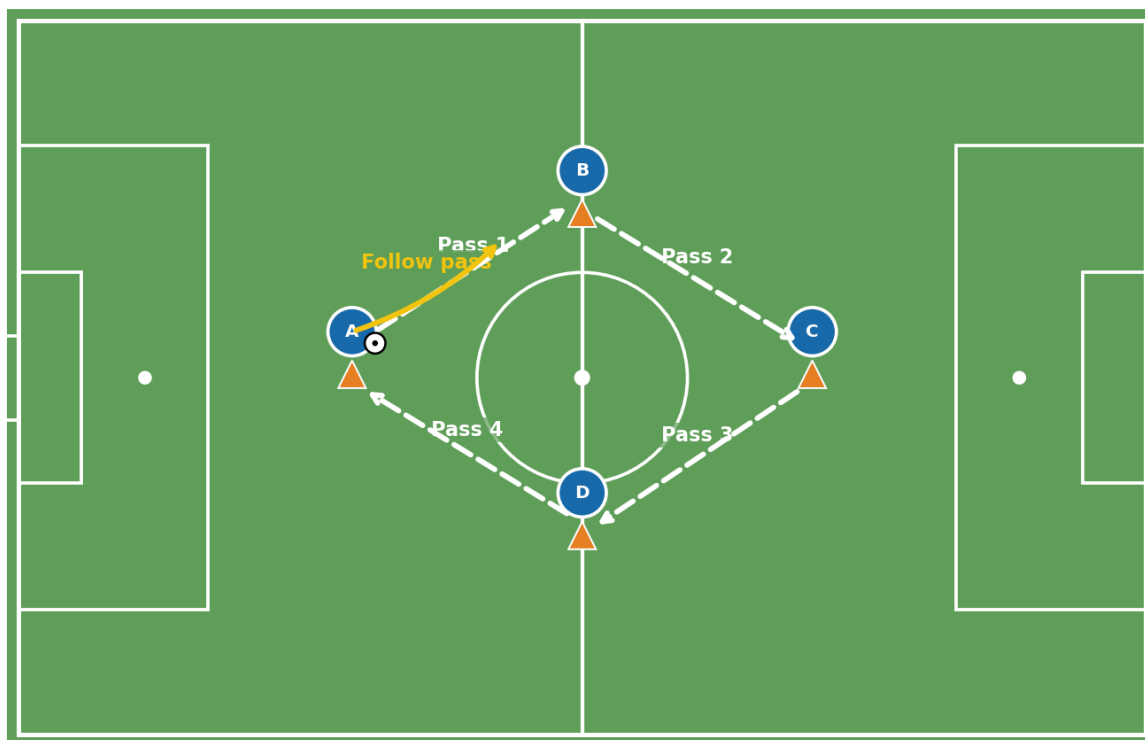


Figure 2. Passing Diamond setup and movement.

Setup

- Place one player at each cone; add extra players behind the starting cone.
- The ball travels around the diamond.
- Players follow their pass to the next cone.

Rules and scoring

- Begin with two-touch play.
- Pass to the outside foot of the receiver.
- Reverse direction every 2-3 minutes.

Coaching cues

- Scan before the ball arrives.
- First touch away from pressure.
- Pass firmly and follow quickly.

Progressions	Regressions
• Add a second ball. • Use one-touch play on selected passes.	• Make the diamond smaller. • Remove the follow run until passing rhythm improves.

- Add a wall pass at one corner.

- Allow a controlling touch before opening the body.

Drill 3: 4v2 Rondo

Objective	Keep possession using support angles, scanning, and quick decisions.	Ages	U10-adult
Players	6 per group	Area	10 x 10 to 15 x 15 yards

Equipment: 4 cones, 1 ball, bibs

Drill 3 - 4v2 Rondo

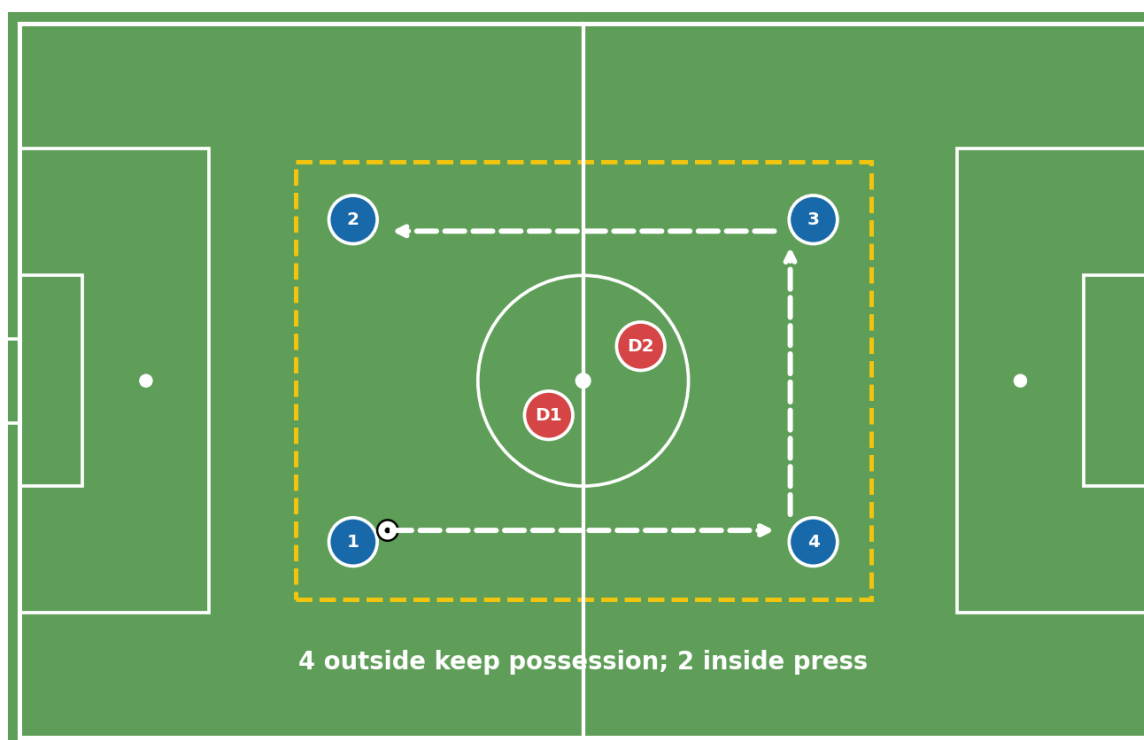


Figure 3. 4v2 Rondo setup and movement.

Setup

- Four attackers occupy the outside; two defenders work inside.
- Adjust the square so attackers can succeed but must move the ball quickly.
- Keep spare balls beside the coach.

Rules and scoring

- Attackers score one point for five consecutive passes.
- Defender who wins the ball swaps with the player who lost it, or rotate after 45 seconds.
- Start unlimited touch, then move to two-touch.

Coaching cues

- Create two passing options.
- Receive on the far foot.
- Move after every pass.

Progressions	Regressions
• Require a split pass between defenders. • Add transition: defenders escape the square after	• Increase the area. • Use one defender.

winning. • Shrink the area.	• Allow an outside neutral who cannot be pressed.
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Drill 4: 3v2 Transition to Goal

Objective	Attack quickly with width, a central option, and a clear final decision.	Ages	U12-adult
Players	6-12 plus goalkeeper	Area	Half field or 35 x 30 yards

Equipment: Goal, balls, bibs, cones

Drill 4 - 3v2 Transition to Goal

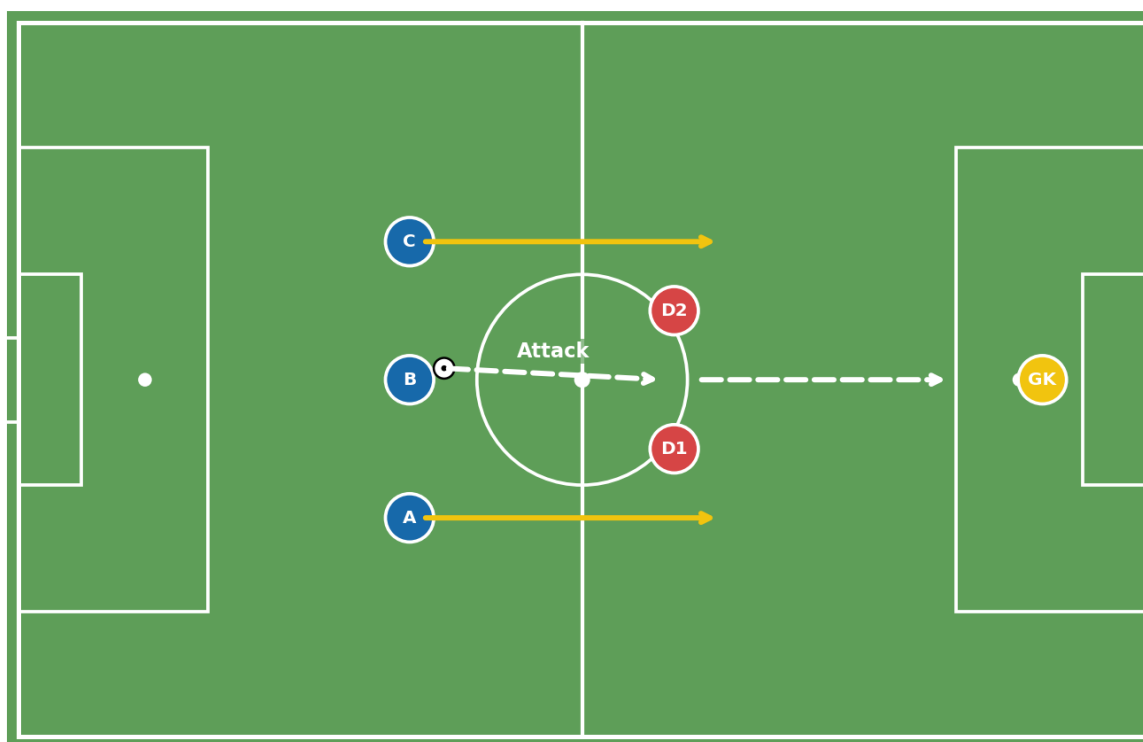


Figure 4. 3v2 Transition to Goal setup and movement.

Setup

- Three attackers begin 25-35 yards from goal against two defenders.
- Coach serves the ball to the central attacker.
- Next group is ready immediately after the shot or turnover.

Rules and scoring

- Attackers have 8-10 seconds to finish.
- Defenders score by winning and passing into a target gate.
- Rotate roles every 3-4 repetitions.

Coaching cues

- First touch forward.
- Use width to stretch two defenders.
- Pass when the defender commits.

Progressions	Regressions
• Add a recovering defender.	• Remove the time limit.

- Require a cutback finish.
- Start from a turnover instead of a coach pass.

- Start defenders deeper.
- Use 3v1 before returning to 3v2.

Drill 5: Four-Goal Small-Sided Game

Objective	Recognize space, switch the point of attack, and defend multiple threats.	Ages	U9-adult
Players	4v4 to 7v7	Area	30 x 25 to 45 x 35 yards

Equipment: 8 cones, balls, bibs

Drill 5 - Four-Goal Small-Sided Game

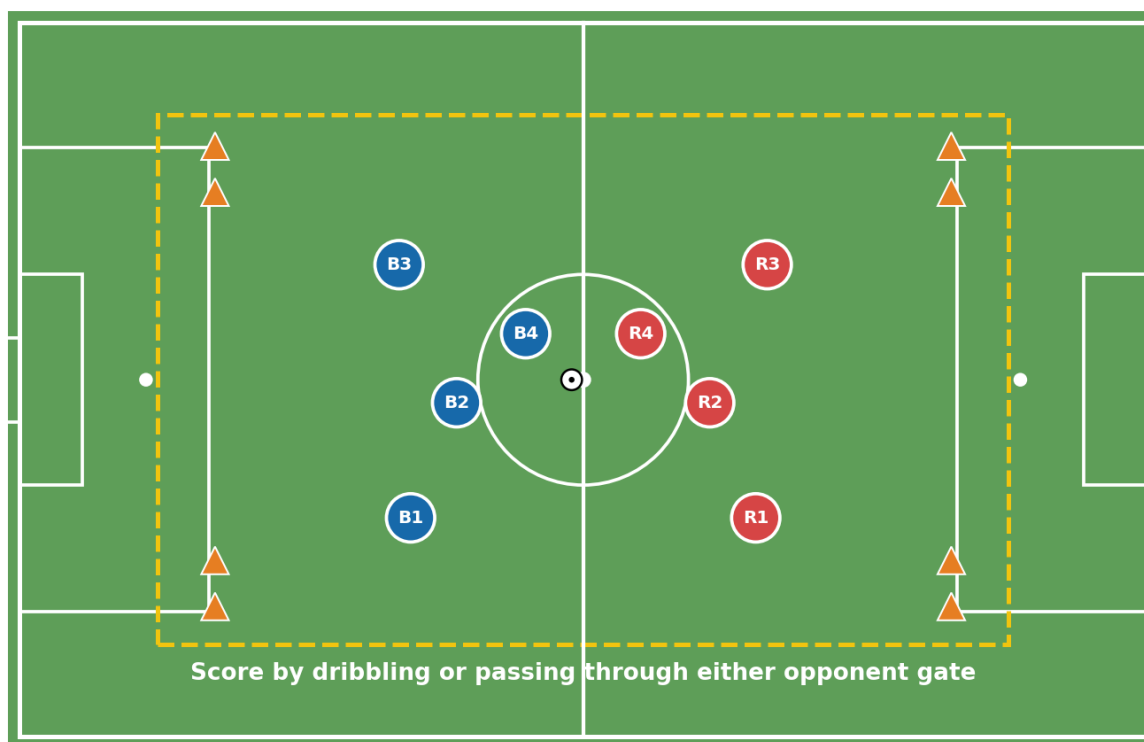


Figure 5. Four-Goal Small-Sided Game setup and movement.

Setup

- Create two small gates on each end line.
- Teams attack the two gates opposite them.
- Keep spare balls around the field for fast restarts.

Rules and scoring

- Score by passing or dribbling through either gate.
- A team cannot score in the same gate twice in a row.
- Play 3-5 minute games.

Coaching cues

- Look away from pressure.
- Make the field big in possession.
- Protect the middle when defending.

Progressions	Regressions
• Bonus point after a switch of play.	• Increase field size.

- Add neutral wide players.
- Limit touches in the central zone.

- Allow a goal in any gate after a turnover.
- Play with one neutral to create an overload.

Drill 6: Combination and Finish

Objective	Coordinate pass timing, supporting runs, and a composed finish.	Ages	U11-adult
Players	5-12 plus goalkeeper	Area	25-35 yards from goal

Equipment: Goal, balls, 3-5 cones

Drill 6 - Combination and Finish

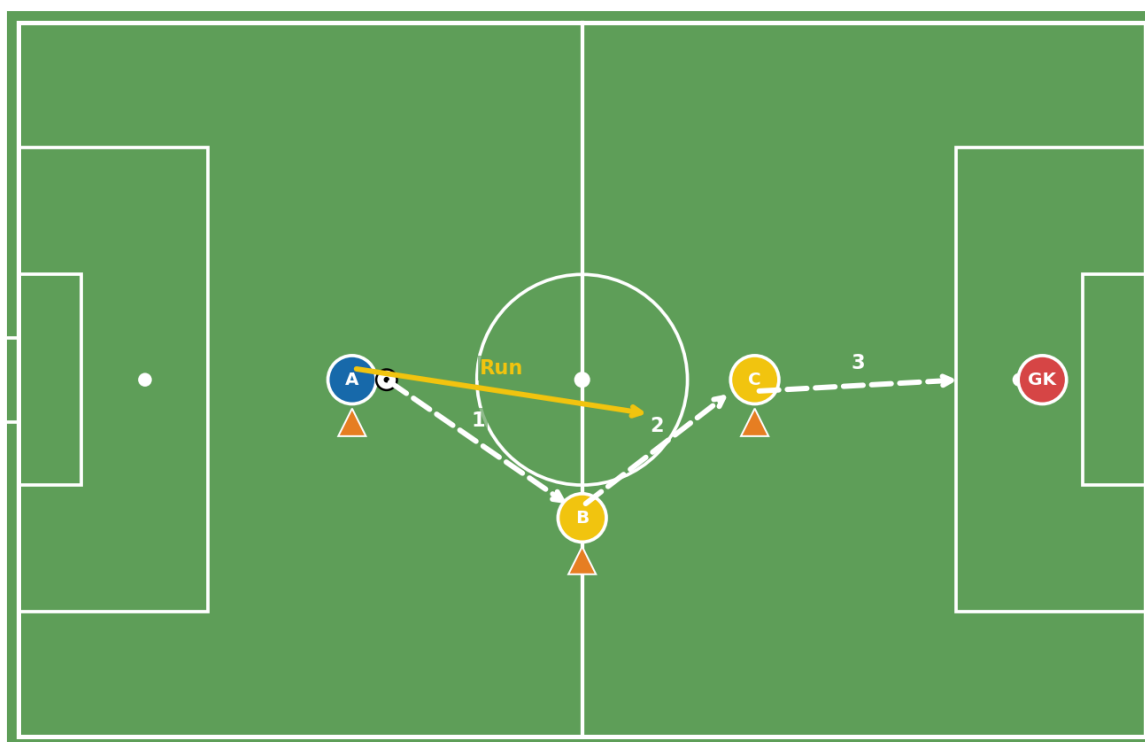


Figure 6. Combination and Finish setup and movement.

Setup

- A starts with the ball, B and C act as target players, and the goalkeeper is set.
- A passes to B, receives or runs beyond, then the ball is set through C for a finish.
- Rotate A to B, B to C, C to the starting line.

Rules and scoring

- Start unopposed to establish timing.
- Finish within two touches.
- Use both sides of the goal.

Coaching cues

- Pass to the correct foot.
- Run after the ball travels.
- Finish early when the goalkeeper is set.

Progressions	Regressions
• Add a recovering defender.	• Use stationary target players.

- Make B or C choose between two combinations.
- Add a second finish from a rebound.

- Allow unlimited touches.
- Shorten the distances.

7. Building a Complete Session

A session should move from simple information to realistic decisions. The final activity should contain the same problem as the earlier drill, but with more freedom.

60-minute example

Block	Minutes	Purpose	Coach focus
Arrival activity	8	Ball contact and engagement	Observe; minimal interruption
Technical drill	12	Introduce the skill	Technique and repetition
Opposed practice	15	Add pressure and choices	Scanning and timing
Small-sided game	20	Transfer to game decisions	Coach the theme, not every error
Review	5	Recall key cues	Players explain learning

90-minute example

Block	Minutes	Purpose	Coach focus
Movement/ball warm-up	12	Prepare body and ball	Tempo and coordination
Technical pattern	15	Build the action	Details and rhythm
Positional practice	20	Add teammates and opponents	Spacing and roles
Phase/transition game	18	Connect to match moment	Speed of decision
Conditioned game	20	Game transfer	Observe team behaviours
Review/cool down	5	Reflect and reset	One success, one next step

Session connection test: Every block should reinforce the same learning outcome. If the warm-up, technical drill, and game teach unrelated ideas, the session becomes a collection of activities rather than a coaching plan.

8. Templates and Checklists

Pre-session production checklist

☐	Outcome written in one sentence	☐	Progression and regression planned
☐	Player numbers and groups confirmed	☐	Static diagram exported
☐	Area dimensions chosen	☐	Animation or demo prepared
☐	Equipment and spare balls listed	☐	Consent/privacy requirements checked
☐	Three cues selected	☐	Camera angle and storage tested

Recommended file structure

```
Soccer_Drill_Library/
  Age_Group/
    Topic/
      Drill_Name_v01.docx
      Drill_Name_diagram.png
      Drill_Name_animation.mp4
      Drill_Name_live_clip.mp4
      Drill_Name_notes.txt
```

File naming convention

Use: **AGE_TOPIC_FORMAT_DRILL_VERSION**. Example: U12_Passing_Rondo_4v2_v03.mp4. A standard name makes the library searchable and prevents coaches from sharing “final-final-new” files.

After-session review

- Did the activity create the intended behaviour?
- What percentage of players were active?
- Was the space too large or too small?
- Which coaching cue changed behaviour?
- What should be removed, simplified, or progressed next time?
- Which video clip is worth keeping in the drill library?

Software Resources and Source Notes

The workflows in this guide can be completed with general presentation/video software or specialist coaching platforms. Product features can change; verify the current plan and device support before purchasing.

- [Microsoft Support - Add a motion path animation effect](#) - Official instructions for creating and editing motion paths in PowerPoint.
- [Microsoft Support - Animate text or objects](#) - Official overview of animation timing and the Animation Pane.
- [TacticalPad](#) - Official product page describing drill/session planning and 2D/3D animations.
- [Coach Paint](#) - Official sports video-analysis and telestration platform.
- [Canva Magic Animate](#) - Official animation feature overview.
- [Canva Video Presentations](#) - Official page for presentation recording and video creation.

Choosing a production method

Need	Simplest option	Specialist option	Output
Printable diagram	PowerPoint / Canva	TacticalPad	PNG or PDF
Player movement animation	PowerPoint / Canva	TacticalPad	MP4 or GIF
Live video annotation	Presentation overlays	Coach Paint	Annotated MP4
Branded teaching clip	Canva / PowerPoint	Combined workflow	MP4

Important limitation: Animations embedded in Word or online presentations may not play after export to PDF. For reliable sharing, include a still diagram in the PDF and attach or link the MP4/GIF separately.

Printable Drill Planning Sheet

Drill name	
Age / level	
Learning outcome	
Players / groups	
Area / equipment	
Setup	
Rules / scoring	
Three coaching cues	1. 2. 3.
Progression / regression	
Video / animation plan	