

7 Players

Diamond Offload

Objective – Development and understanding of the offload and support roles

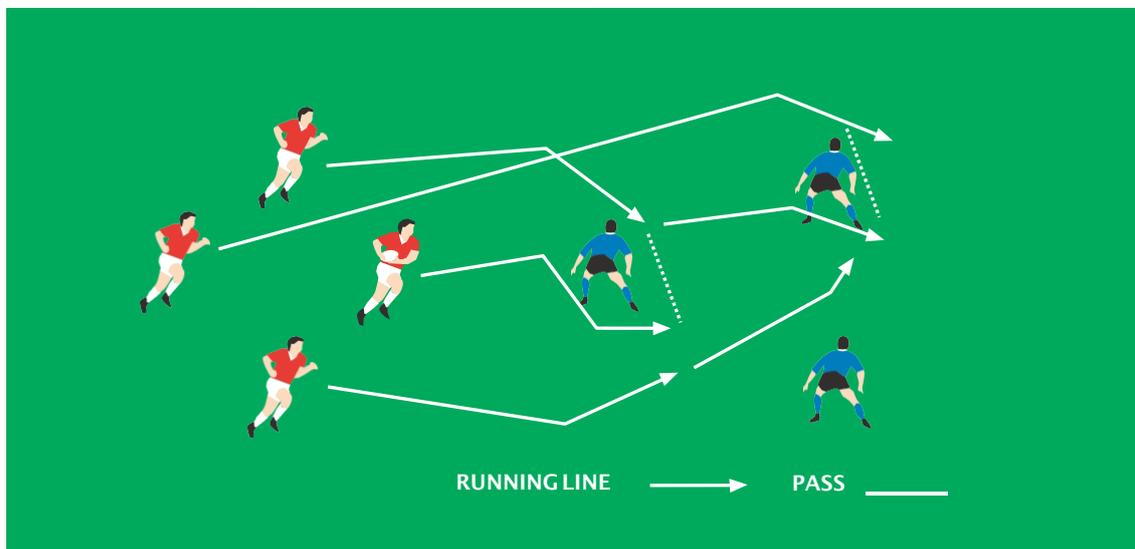
Equipment needed:

- Balls: 1
- Cones: 1 stack
- Bibs: 4

Suggested time allocation:

- 10-15 minutes

Set-up Diagram:



How to play:

- Ball carrier to attack first defender and create an offload for either of the support runners on both sides.
- From the pass, the new ball carrier will attack the next defender - the trail attacker will change their 'angle' of run to support the ball carrier on the free side.
- Encourage ball carrier and support runners to run different lines and angles each time.

Coaching points/Key factors:

1. Carry the ball in two hands.
2. Avoid head-on tackles - try to dodge the defender first.
3. Win space behind the defender by driving the legs to keep moving forward and look for support.
4. Successful pass behind the defender to a support runner coming on to the ball at pace
5. Support players arrive at the contact area anticipating receipt of pass (hands out ready).

Difficulty:

- Widen / short width of pitch to add / remove defensive pressure.
- Increase or decrease the number of defenders to challenge or make easier for players.
- Add / remove contact within the practice.