## Screen 1

## EDP Formation: Diamond

Most of you know this, but we play a diamond formation in EDP 1 and EDP 2. The only difference is that EDP 2 has a goalkeeper. 1. Start the game, the second half, and every restart after a goal is scored by setting up the "diamond." After the initial set-up, it's easy to say "Back to you numbers!" if you want them to get reorganized. Coaches can also refer to those positions by number to help set up players try this in practice this week. Instead of saying, "I want you to play in the middle on the right," say, "Ethan, go play the 3." Each start at midfield should begin with a pass to a teammate if possible. Some players simply kick the ball forward. That's fine, but a pass is better.


## Screen 2

Training by the Numbers:
From this set, so many training options can be used to develop both skill and simple tactical principles. Consider some of the next screens as training ideas, but I encourage you as the coach to create simple ideas and share them with me and each other.


## Screen 3

## Star Drill

I have been using this set-up for years, having been initially taught it by Adidas Coerver as an east coast camp counselor.
When you say go, have the first players in each line dribble to the center cone, turn, and dribble back to the starting cone as fast as they can. If you don't have all eight players, you can stack players behind one another. This, to me, actually works better. Players get used to turning the ball, accelerating, and controlling the ball.
Make the contest a relay, with the team who can dribble in and back three times each first "winning."


## Screen 4

In this star drill, we will change the pattern slightly.

1. The first player in each line will dribble to the center cone, turn right, and accelerate to the cone to the right.
2. The next person in line will take the ball, dribble to the center, turn right, and accelerate to the cone on the right.
3. Obviously a relay or contest of some kind works best. You can then switch the pattern to the right.


## Screen 5

You can also PASS out of the star.
Have the first players in each line dribble to the center cone, turn, and pass to the next person in line.


## Screen 6

A passing relay can also be played:
If you start with 5 players, the first player makes a pass to a number. The player standing at that number receives the ball, turns, and plays to the next number. This continues until the ball comes back around to the starting point. This kind of relay allows players to pass, receive a ball, change direction, and pass again. Because the circles are numbered, you can direct players to play from \#1-2-4-3-1. You can also creae other patterns like 1-4-2-3-1. Relays are fun, but challenging players to complete a number sequence under a certain amount of time is very motivating.


## Screen 7

## KEEP AWAY!

One great idea is to have them play keep away from the numbers. I person stands in the middle while the others on the outside try to keep the ball away by passing .
-Tell them that they can move away from the numbers.
-You might consider moving players inside of a cone-marked square to make things easier.
-You can also just play inside with all players in one grid with one in the middle.
-Feel free to jump in and play with them if you're only playing keep away on one side of the field.
-Manage the person who plays in the middle. Make sure everyone gets a turn.


