



THUNDER U13 GIRLS

PASSING DRILLS

A growing collection of passing drills for practice

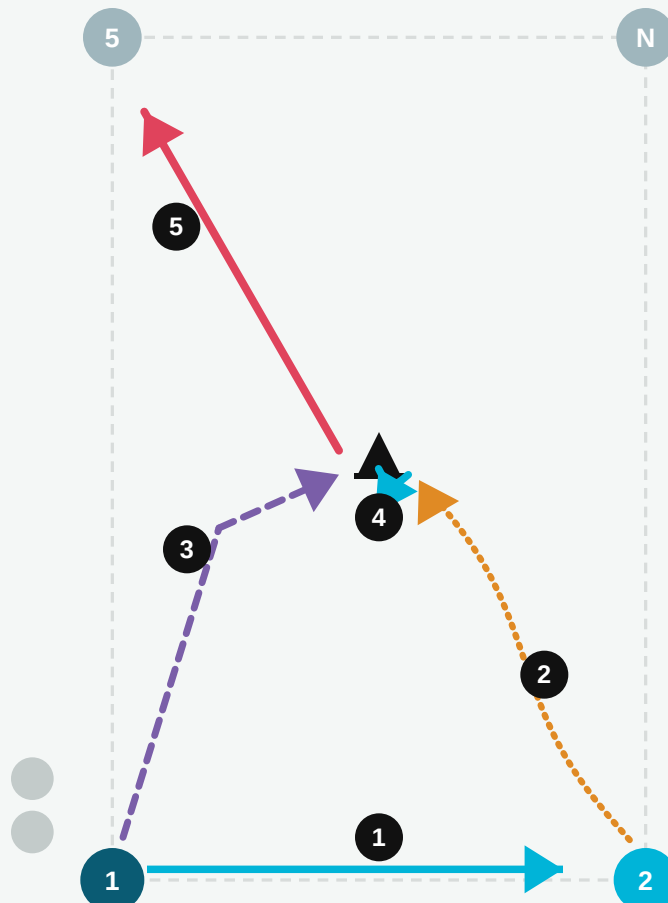
- 01 Overlap Passing Drill
- 02 Diamond Passing — Basic Rotation
- 03 Diamond Passing — Check-Away & Wall Pass
- 04 Diamond Passing — One-Touch
- 05 Diamond Passing — Switch the Point



Overlap Passing Drill

Rectangle + Center Marker • 6+ Players • Passing & Timing

Pass Dribble Overlap run



Then repeat from the top with two fresh players — alternate ends each rep

SETUP

- Mark a rectangle roughly 5-10m wide x 10-15m long, with a cone (man-marker) in the center.
- One player on each corner, plus 2+ extra players queued behind one starting corner (6+ players total).
- One ball starts with the front player in the queue.

COACHING POINTS

- Pass firmly to the nearest corner, then sprint the overlap immediately — timing is everything.
- Dribble toward the marker (not away from it) to draw the overlap into space.
- Call your teammate's name on the lay-off and the forward pass.
- Variation: dribble around the marker before laying the ball off.

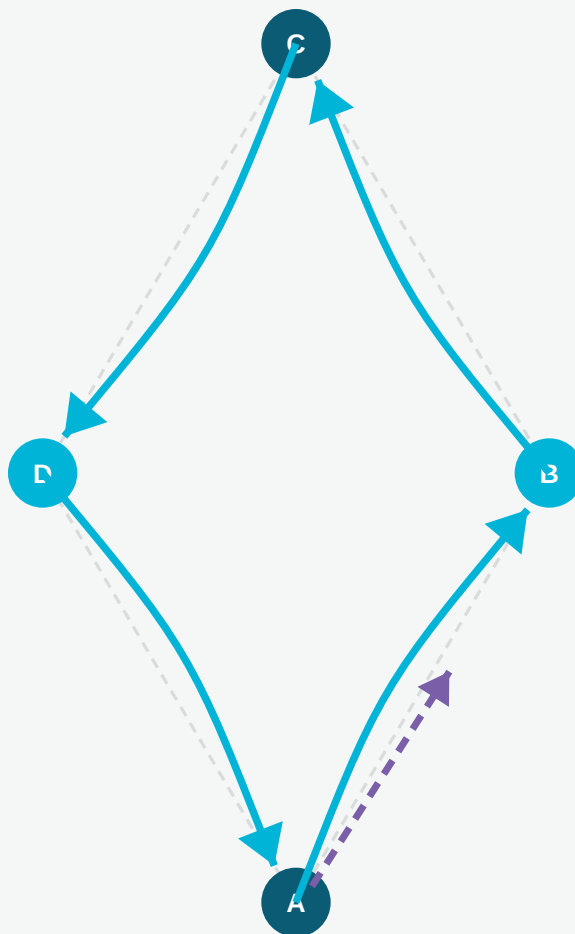
Drill source: Onside Training ([youtube.com/watch?v=CCW9Rvypvv4](https://www.youtube.com/watch?v=CCW9Rvypvv4))



Diamond Passing — Basic Rotation

4 Cones, Diamond Shape • 4+ Players • Passing Warm-Up

— Pass — Dribble — Run



Pass around the diamond (A-B-C-D-A) and follow every pass to the next cone

SETUP

- Set 4 cones in a diamond, about 10 yards apart (A at bottom, B right, C top, D left).
- One player at each cone; extra players can queue behind any cone.
- One ball starts at Cone A.

COACHING POINTS

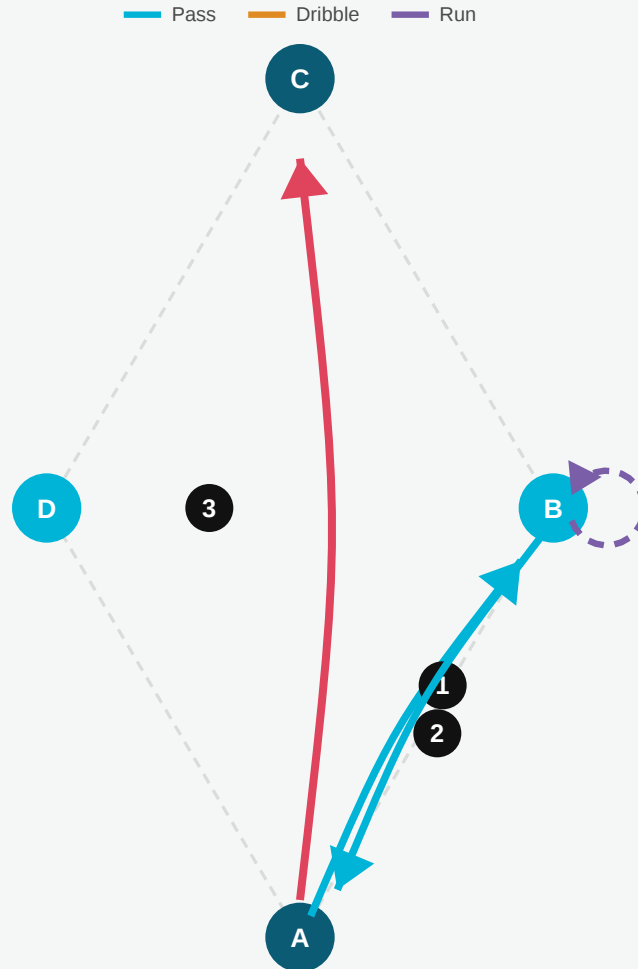
- Pass with pace around the diamond, then follow your own pass to the next cone.
- Receive across your body so you're already facing the next pass.
- Keep the rotation moving — don't stand and admire the pass.
- Reverse direction (A-D-C-B-A) once the group has a good rhythm.

Drill source: AD Football Training Videos — Diamond Passing Warm-Up, 4 Variations (youtube.com/watch?v=Sca0uJkV9CY)



Diamond Passing — Check-Away & Wall Pass

4 Cones, Diamond Shape • 4+ Players • Receiving Under Pressure



B checks away, then one-touches back to A (wall pass) — A plays forward to C, pattern continues C-D-A

SETUP

- Same diamond setup as Variation 1 — 4 cones, ~10 yards apart.
- One player at each cone; ball starts at Cone A.
- This variation adds a checking movement before every pass in.

COACHING POINTS

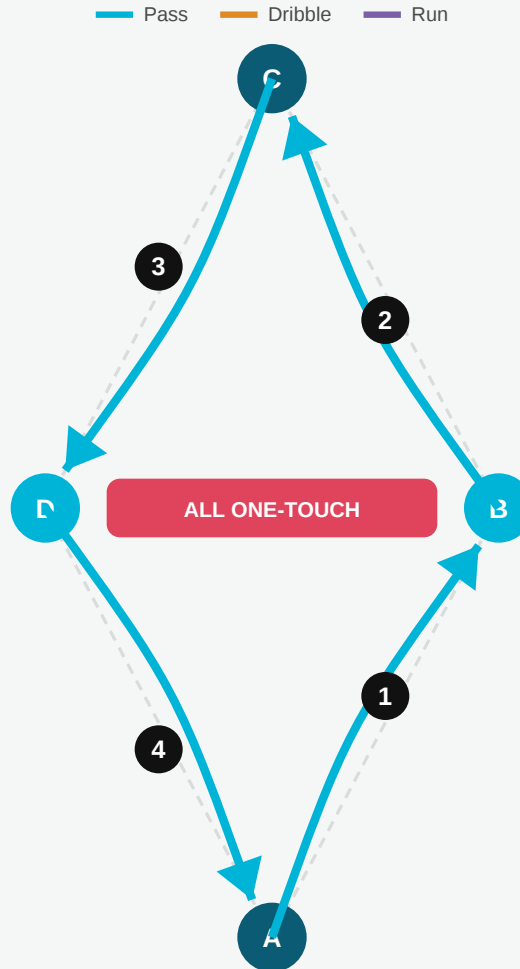
- Receiver checks away from the ball, then checks back sharply to receive.
- One-touch the ball straight back to the passer (a quick wall pass).
- Passer then plays a firmer ball forward to the next cone.
- Rotate positions after every full lap of the diamond.

Drill source: AD Football Training Videos — Diamond Passing Warm-Up, 4 Variations (youtube.com/watch?v=Sca0uJkV9CY)



Diamond Passing — One-Touch

4 Cones, Diamond Shape • 4+ Players • Tempo & First Touch



Same A-B-C-D-A pattern, but every ball must be played first-time — no controlling

SETUP

- Same diamond setup as Variation 1 — 4 cones, ~10 yards apart.
- One player at each cone; ball starts at Cone A.
- Every pass around the diamond must be played first-time.

COACHING POINTS

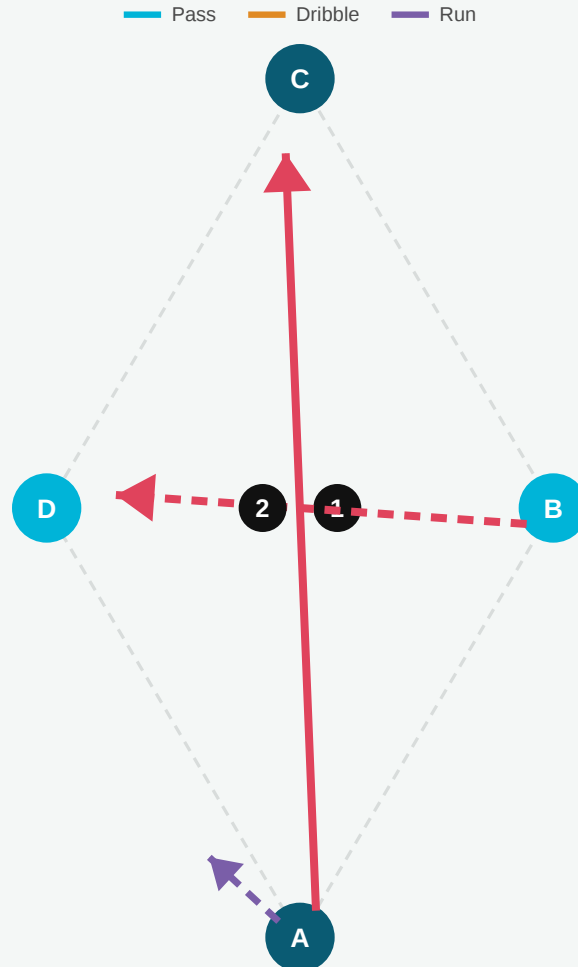
- Body shape matters most here — open up before the ball arrives.
- Accuracy over power: a bad one-touch pass ends the sequence.
- If the group struggles, allow two-touch for a lap, then return to one-touch.
- Add a second ball once the group can sustain the rhythm.

Drill source: AD Football Training Videos — Diamond Passing Warm-Up, 4 Variations (youtube.com/watch?v=Sca0uJkV9CY)



Diamond Passing — Switch the Point

4 Cones, Diamond Shape • 4+ Players • Change of Direction



Pass straight across the diamond (A-C and B-D) to switch the point of attack, then follow and rotate

SETUP

- Same diamond setup as Variation 1 — 4 cones, ~10 yards apart.
- One player at each cone; ball can start at any cone.
- Instead of passing around the perimeter, players pass straight across the diamond.

COACHING POINTS

- A plays diagonally to C, and B plays diagonally to D — longer, firmer passes.
- Follow your pass across and take the new corner.
- Call it early — the receiver on the far cone needs to know it's coming.
- Mix perimeter and diagonal passes at random once the group is comfortable, to simulate game decision-making.

Drill source: AD Football Training Videos — Diamond Passing Warm-Up, 4 Variations (youtube.com/watch?v=Sca0uJkV9CY)