Diamond passing

Objective – Ball passing at angles

GameFocusResetProgression

1. 4 cones diamond shape
2. 2 player queues
3. Start pass from one queue to other (first time only)
4. Run right to diagonal cone
5. Recipient has to receive on the run and pass on the run
6. Pass ball pass to partner who is running to other cone

1. Recieve on the run – ONE TOUCH
2. Move your feet to receive and pass
3. Pass on the move – SECOND TOUCH

1. Start again after 10 balls

1. Forehand/backhand
2. Pull right/left before cone after receipt
3. Bouncing ball left/right
4. Indicate left go right.indicate right go left