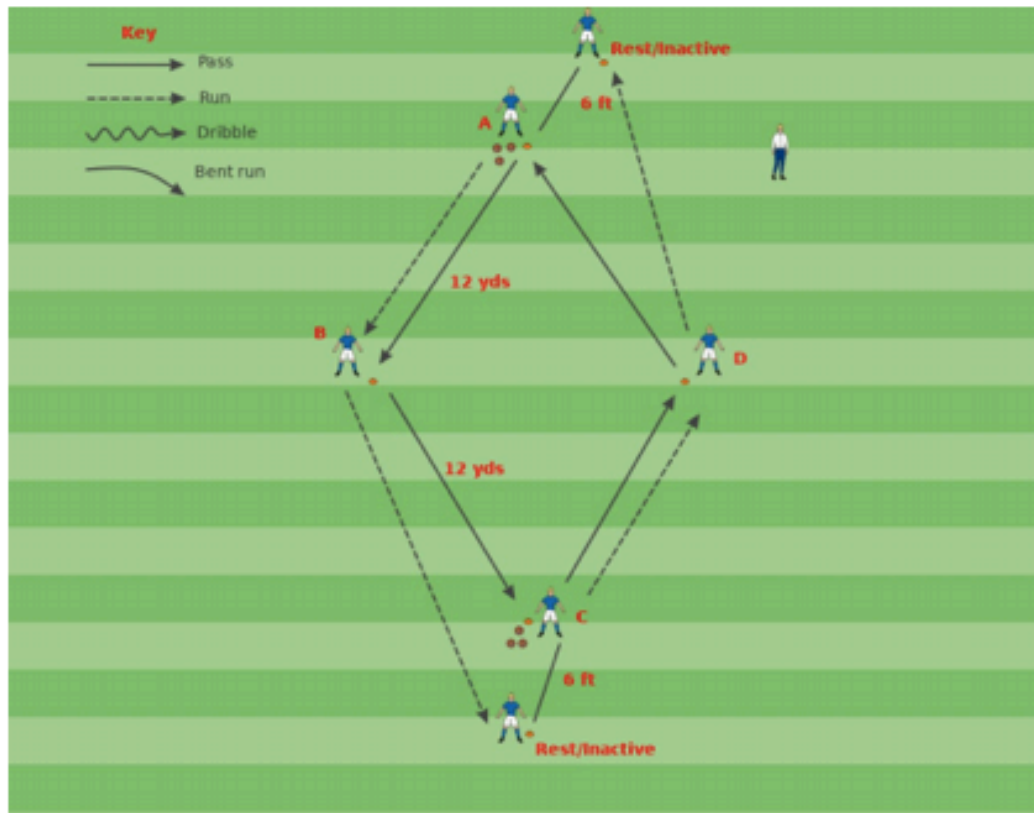


# Passing and Receiving 1



## Passing and Receiving: Diamond Pattern

### Set Up

- \*Group of 6-8 players, balls, cones
- \*Players are set up in a diamond with 12 yards between each cone.
- \*Another cone is laid 6ft minimum behind the active player on each end. If you have 7-8 players you will add another cone behind to socially distance.

### How It Works (2:1 Work/Rest)

- \*Simultaneously, A passes to B, C passes to D.
- \*The player receiving the pass (B and D), receive the ball on the turn and pass to the 'resting/inactive'
- \*The resting/inactive player will have replaced A or C at their respective cone. This activity is continuous.

### Player Actions

- \*Pass
- \*Create Passing Options

### Guided Questions

- \*How should your body shape look when passing the ball? Why?
- \*When you receive a pass, when should you look over your shoulder? Why?

### Additions/Variations/Progressions

- B and D receive the ball with different surfaces of their foot
- B and D utilize a skill for the turn. Ex: cruff turn