

Passing and Receiving 2



Passing and Receiving: Diamond Pattern Progression (Up, Drop, Through)

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 (Up).
- *The player receiving the pass (B and D), receive the ball facing the player who passed it to them and play 1-2 touch back (Drop), B and D then turn out of the space and replace the 'rest/inactive' player
- *A and C who played 'Up' and follow their pass will then receive the ball back from the 'Drop' and then play a 'Through' ball to the 'Rest/inactive' player who has now occupied the space A and C were in.

Player Actions

- *Pass
- *Create Passing Options

Guided Questions

- *Why is it important for player B and D to turn out of the space after the 'Drop'? Why?
- *How could B and D pass the ball to A and C that would allow for A and C to play the ball in one touch 'Through'?

Additions/Variations/Progressions

- B and D receive the ball with different surfaces of their foot