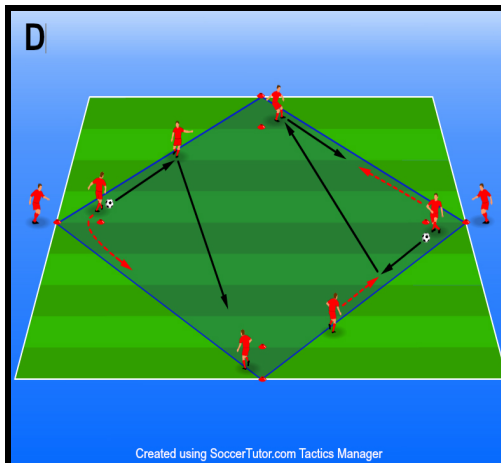
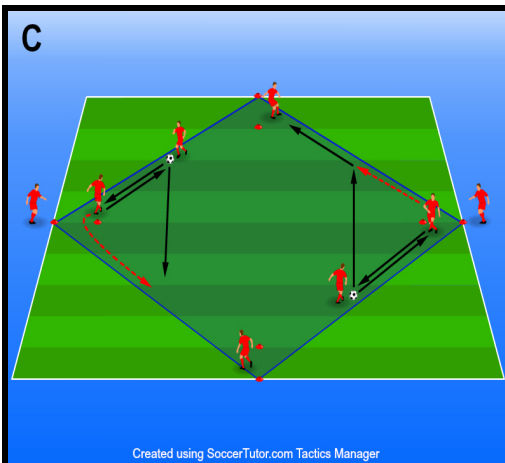
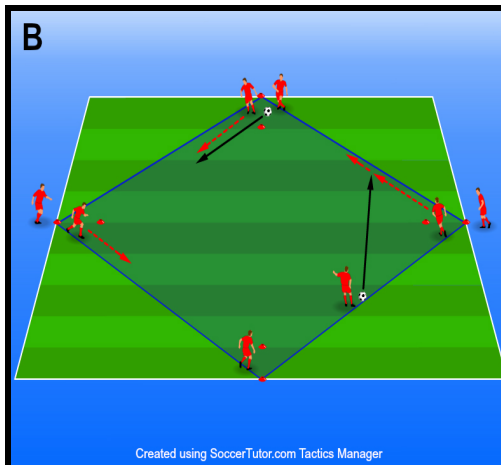
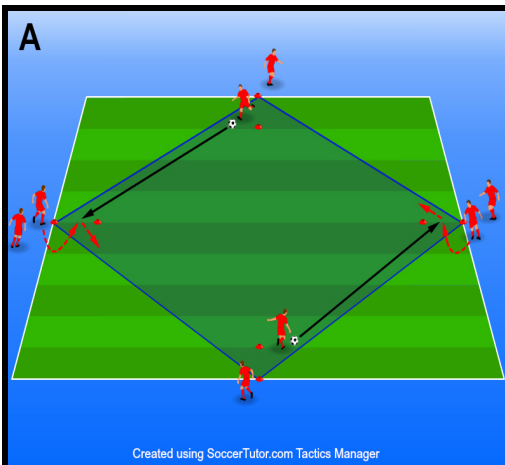


Passing Diamond (Pt. 1-4)

Fundamental

Combination Play



Procedure:

The players are set up in a diamond shape, performing various passing patterns and combinations.

Diagrams:

- A) Check back, receive and open up.
- B) Run onto 1st pass, play one touch pass across.
- C) Double Pass, wall pass.
- D) Back Pass, pass across to the third man.

Each combination has verbal and visual cues that must be practiced on each repetition.

Coaching Points:

- 1 **Checking Back** – Time the run so that you show open as your teammate is preparing to pass.
 - Make sharp changes of speed and direction to get open.
 - Set your feet quickly in order to open up as you receive.
- 2 **One Touch Passing** – Sprint out of the corner and run onto the ball.
 - One touch passing depends on the receiver calling for ball early.
 - Both players should make eye contact in order to time the runs correctly.
- 3 **Double Pass, Wall** – Run towards each other and keep the passes short.
 - Strike the top half of the ball to keep it on the ground.
 - Play directly to the feet and don't lead the player too far up the line.
- 4 **Third Man Passing** – Put the proper weight on the back pass, let the next player play one touch.
 - The third man must call for the ball early and show himself.
 - Run onto the back pass as opposed to waiting for it. Speed up play.

Progressions:

- 1 The players choose a combination or pattern based on verbal and visual cues.