

## 72 DIAMOND DRILL

**Purpose:** Basic practice to bring the play inside when receiving a handball. **Experience:**

### ORGANISATION

- ▶ 6 players involved at any one time.
- ▶ Player A kicks to B (K1).
- ▶ C runs inside to receive a handball (Hb2).
- ▶ C kicks long to D (K3).
- ▶ The drill continues to opposite side.
- ▶ The players rotate by following the ball, or by leaving the players in their same areas for a certain time, e.g. C and B rotate, E and F rotate, A and B stay deep.

### COACHING POINT

The timing of the run from the handball receiver is vital. Receiver needs to stay in the handballer's field of vision.

