**DIAMOND DRILL**

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

**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.