



## Diamond Receiving Activity

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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### Description

The purpose of this activity is to teach players correct body positioning before receiving the ball. Whenever possible the receiving player should be faced towards the goal they are attacking BEFORE receiving the ball. Control of the ball should be with the back "vision" foot.

### DIAMOND (20 mins)

Players pass and follow (approx 10 yards apart) - 2 touch

#### Coaching Points:

- Receive with back foot (ball travels across body)
- Call out players name before passing
- Preferably pass with opposite foot
- Follow pass
- Focus on getting body into position and THEN receiving ball facing field (with back foot)

