

# OPEN-TURN/PASS DIAMOND

OBJECTIVE: develops open turning technique and passing to feet

EQUIPMENT NEEDED: one ball per group

SCALE: 20 yd. x 20-40 yd. space

NUMBER OF PLAYERS: 8-24 in each group

SET-UP: 4 lines form a diamond (see diagram)

## PROCEDURE:

1. Player A serves Player B and runs to that position.
2. Player B executes an open-turn/serves Player C/runs to end of that line.
3. Player C serves Player D and runs to that position.
4. Player D executes an open-turn/serves Player E/runs to end of that line.
5. Pattern should be done clockwise and counterclockwise.
6. Each part of the pattern should be executed in a two touch rhythm.
7. Work can be timed or done through repetitions .

## VARIATIONS:

1. Two balls may be used simultaneously.
2. Players receiving may open-up, but then serve the line where the ball came from (and return to the opposite line.)