

# DIAMOND TECHNIQUE



## SET UP / RULES

Four groups of four players  
Four balls working

The players must complete  
Four repetitions of the same  
Skill in order to get back to  
Their starting positions

- 1 – drop shoulder go left
- 2 – drop shoulder go right
- 3 – step over go left
- 4 – step over go right
- 5 – right drag go left
- 6 – left drag go right
- 7 – right back across and left
- 8 – left back across and right
- 9 – right cut go left
- 10 – left cut go right
- 11 – right Ronaldo go left
- 12 – left Ronaldo go right

