



Activity

1. Players on each Disc A initiate play by passing long to players on Disc B.
2. Players on Disc B pass short to advancing players from Discs C.
3. Players on Discs C drive ball firmly to Players on Discs D.
4. Players on Disc D dribble to rejoin activity at Discs A.

Activity repeats

Players travel length ways on the perimeter disc to disc in alphabetical order.

Coaching Points

1. Foot surface selection - Lock ankle - Toe up
2. "Checking" away from the player (disc)
3. Think several moves ahead
4. Read Cues
5. Offer Verbal and Visual Cues
6. Stay up on your toes
7. Slide side to side to receive (don't reach)
8. Play with your head up
9. Players on disc D open up body to receive take first touch in direction you want to go.