



Activity Detail

Activity initiates simultaneously with players on Discs A

1. Player on Disc A passes to Player on Disc B and follows pass to locate on Disc B
2. Player on Disc B receives and passes to Player on Disc C and follows pass to locate on Disc C
3. Player on Disc C receives and passes to Player on Disc D and follows pass to locate on Disc D
4. Player on Disc D receives, turns and finishes into small target goal
5. Player from Disc D collects ball and dribbles to rejoin the activity on Disc A2

Activity repeats.

Progressions

"Give & Go" #1

1. Player on Disc A passes to Player on Disc B.
2. Player on Disc B returns square ball to Player from Disc A advancing across disc.
3. Player from Disc A passes to Player on Disc C

"Give & Go" #2

1. Player on Disc C passes to Player on Disc B.
2. Player on Disc C advances towards Disc D
3. Player from Disc B returns square ball to Player from Disc C.

"Give & Go" #3

1. Player on Disc C passes to Player on Disc D.
2. Player on Disc C advances towards Disc D
3. Player Disc D returns square ball to Player from Disc C.
4. Player from Disc C finishes into target goal.

Coaching Points

1. Foot surface selection (passing and finishing)
2. "Checking" away from the player (disc)
3. Think several moves ahead
4. Read Cues - Offer Verbal and Visual Cues
5. Stay up on your toes
6. Slide side to side to receive (don't reach)
7. Play with your head up
8. Player A - pass to correct foot
9. Player B - open body to receive, first touch in direction you want to go
10. Player C - As above
11. Player D - Touch, turn and finish