



### Activity

Activity can accommodate from 7-14 players.  
 Ball moves from Disc to Disc in Alphabetical order.  
 Players move from Disc to Disc in Alphabetical order but do not always follow the ball.

1. Player on Disc A passes to player on Disc B and moves behind Disc A.
2. Player on Disc B returns ball to Player on Disc A and relocates to Disc C.
3. Player on Disc A passes long diagonal to Player on Disc C and relocates to Disc B.
4. Player on Disc C receives the ball and dribbles behind Disc C.
5. Player on Disc C plays ball long to Player on Disc D and follows ball to relocate at Disc D.
6. Player on Disc D passes to player on Disc E and moves behind Disc D.
7. Player on Disc E returns ball to Player on Disc D and relocates to Disc F.
8. Player on Disc D passes long diagonal to Player on Disc F and relocates to Disc E
9. Player on Disc F receives the ball and dribbles behind Disc F.
10. Player on Disc F plays ball long to (new) Player on Disc A and the activity repeats.

One ball if you have 7 players  
 8 + Players add second ball when ready initiating play from A and D position

### 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