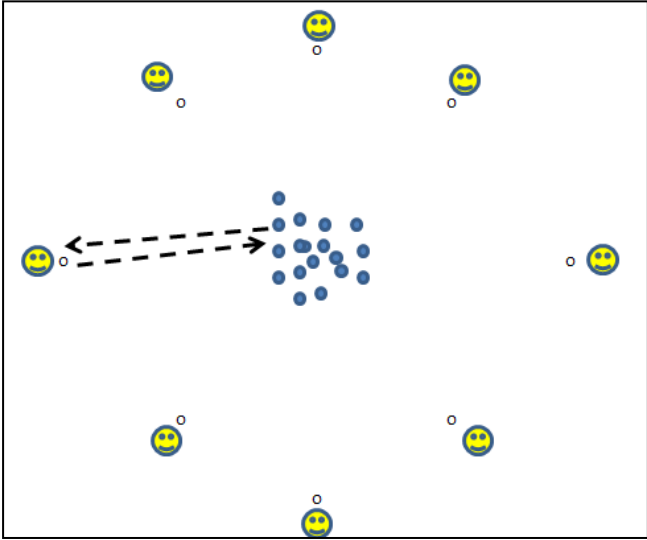




# Desert Island Discs

## Training Plan

<b>Title:</b>	Desert Island Discs
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Close control</li> <li>2. Turning</li> </ol>
<b>Age range:</b>	6 - 10
<b>No. of Players:</b>	Min 4
<b>Time:</b>	15 mins
<b>Organisation:</b>	<p>Set up cones an equal distance from a central point.</p> <p>Place c. 6 – 10 discs per player at central point.</p> <p>Individual players are based at cones around the outside of the grid / circle.</p>
<b>Drill:</b>	<ul style="list-style-type: none"> <li>• Players dribble their ball and collect a disc from middle pile of discs (or from coach in centre).</li> <li>• Players return their collected disc to their base.</li> <li>• After all discs collected count up and the player with the highest number wins (have some fun with this and don't be afraid to make up numbers).</li> </ul> 
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>• Keep control of the ball.</li> <li>• Quick turn and accelerate</li> </ul>
<b>Progression:</b>	<ul style="list-style-type: none"> <li>• After individual work progress at same session (or later weeks) to team work so pair players up to work on the pass and receive the ball.</li> <li>• Good pass.</li> <li>• Receive ball and push out of feet to accelerate.</li> </ul>