



FCB-Possession find Target

Create a 15x20 yard area in which you play a 5vs2. The 5 yellow players possess the ball and look for the right moment to play the checking target. Target lays off to the incoming midfielder. Two additional players release wide, to create a 4 vs 2 going to goal. Must finish on a one-touch. The two defenders defending in the 5vs2 can go to goal on the midline when they win the ball. From this organization you can add players. Coaching points: Target player - good timing when checking for the ball. If you don't get the ball then back out to clear the space. The five yellow players when in possession - be patient, move the ball and look for the correct moment to play into the target. If the pass is not on, then keep the ball moving. As the ball is played to the target, you need one midfielder supporting the target for an easy lay-off. You need two players bursting into space to be options wide.