



FCB-Possession #4: 7 VS 2 with a target player. Condition - After each pass you must sprint around the nearest disc and get back on the field. Coaching points: Be aware of the spaces around you. Read the situation and take over positions. You cannot play the ball back to the player who passed the ball to you (he is running) so you must have an option somewhere else. Coaching on the field! Rotate defenders every 90 seconds.