



FCB-Possession - Team competition

Area depends on the quality of the players. The 'Red' team starts out in the grid. The yellow players pair up and will be defenders first. Coach plays the first ball in the grid, and the first two yellow players (#1) jump in and pressure the ball. The red team tries to keep the ball away from the two yellow players. As soon as the two yellow players kick the ball out of the grid, they run out of the grid. Coach plays a new ball in and yellow pair #2 jumps in to defend. As soon as they kick the ball out of the grid, they run out of the area and the last ball is played in, and the last pair defends. The coach starts her watch when the first ball is played in, and stops her watch when the last ball is played out. Total time wins. Coaching points: Keep the ball moving and tire out the two defenders.