



FCB-Possession #11

Organization - Area: Two equal halves of 30x30. 14 players. 7 vs 6 in one half. Red team tries to keep possession. When yellow wins the ball, they try to find their teammate in their own half. All yellow players and all but one of the red team transition to the other half and now the yellow team tries to keep possession.

Variations: You can leave 2 or 3 players out to create more success.

Coaching points: Shape in your half (triangles). Quality passes. Good movement off the ball to create angles and passing lanes.