



FCB-1vs1 - 'Hell Box'

Area: About 12x12 (Depends on quality of players). There is a 1vs1 battle inside the grid. The yellow player tries to beat the red player 1vs1 and pass the ball to his team mate on the opposite side. The red player tries to win the ball, beat the yellow player and pass the ball to his red team mate on the opposite side. It is a point when the ball is passed through the discs and your team mate is able to receive the ball. When that happens, the yellow player who was playing 1vs1, sprints out, and a new yellow player dribbles into the grid. The player who got beat in the middle, stays as a defender. When the ball goes out of bounds, the coach plays a new ball in. This is a quick 1vs1 transition-type game. Create a competitive environment. First team to 10 points wins.