



FCB-1vs1 - Recovery Runs

You will need 4-6 players. The exercise is performed at a high tempo and helps to develop dribbling, first touch, and sharp changes of direction. The exercise is set up as shown above, one player with a ball, one player waiting behind him and two players at the opposite end. The player with the ball begins the play by dribbling the ball across towards the player by the opposite cone. As the player with the ball reaches the opposite player, he plays a short pass. The player receiving the ball controls and quickly accelerates towards the opposite end. The original player checks to the cone, then sprints back to put the player with the ball under pressure. Players repeat this process. 45-60 seconds sets. Variations: Stop the ball for the next player. Can you tag the player.