



FCB-1vs1 - Team competition

Two teams. Three grids of about 10x10. The red players look to beat the yellow defenders in 1vs1 battles and get to the endline. The yellow defenders must defend within the discs. Red attacker beats yellow defender #1, then takes on yellow defender #2 and finally takes on yellow defender #3. Red gets a point when they get to the endline. If yellow defender #1 wins the ball, then she dribbles back to the start behind yellow player #6. All yellow players move up one slot. If the Red player beats yellow #1, but loses the ball to yellow #2, then #2 passes the ball to #1, and all yellow players move up one slot. Timed sets.