



FCB-3 vs 3 game #1

Organization - Area: 20x30. Each team attacks and defends an end line. You score by dribbling across the end line and keeping possession.

Coaching points - Defensively: Pressure, cover and balance. Show the difference between man for man and zone defense, as well as high vs low pressure. Offensively: look to penetrate, support, movement off the ball, positional play and spacing.