



FCB-Coerver Exercise #6: At least two players behind each ball. Players 1 dribble their ball into the yellow box. Perform their move. As soon as they get out of the box players 2 move in and perform their move. High paced exercise. Practice the following five moves: 'Drag/Catch', 'Cut/Catch', "Fake-in/Push-out", 'V' and 'Scissors'. Practice both feet.