



FCB-Coerver Exercise #3: Organize in groups of 4/2 balls per group. Put a disc in the middle to help with timing of move. Two players behind each ball. Players with the ball dribble at each other, make a move, then pass the ball to the next player. Work on the following 5 moves: 'Drag/Catch', 'Cut/Catch', 'Fake-in/Push-out', 'V' and scissors. Work both feet.