



FCB-Coerver Exercise #4: Groups of 3/2 balls per group. Player 3 passes the ball to player 2. Player 3 walks through and player 2 makes a move around player 3. Player 3 then receives a pass from player 1. Player 1 moves through and player 3 makes a move around player 1. Player 1 then receives a pass from player 2. Player 2 walks through and player 1 makes a move around player 2. Work on the following 5 moves: 'Drag/Catch', 'Cut/Catch', 'Fake-in/Push-out', 'V' and 'Scissors'. Work both feet. This exercise should be done at pace.