



FCB-Coerver Exercise #5: At least two players behind each corner disc. The first four players have a ball on their foot. The players dribble towards the disc in the middle, perform a move, and continue the dribble towards the next group of players. Practice the following five moves: 'Drag/Catch', 'Cut/Catch', 'Fake-in/Push-out', 'V' and 'Scissors'. Practice both feet.