



## FCB-Defense #2

Organization - In 2s with one ball per pair. Area: Use the space between the 18-yard line and the mid-line. Player in red passes the ball to his partner in yellow. As the ball travels to yellow, the red player closes the space. The yellow player controls the ball and dribbles towards the 18-yard line. The red player shows a good defensive stance, jockeys/contains and keeps that 2-3 yard distance.

Coaching points: Close the space, shorten your steps as you get closer to the ball, good defensive stance, sit low, one foot in front of the other, slide backwards and keep the proper distance.