



FCB-Defense #4

Organization - Groups of 4 with 2 balls per group. Area: 10x15. Player in yellow passes the ball to the player in red. The red player controls the ball and tries to score in the small goal in the left corner. The yellow player tries to send the red player towards the area away from the goal he is defending. Rotate roles after each action. Switch goals to other side.

Coaching points: Close the space, good defensive stand and send the attacking player into the space away from the goal. This is a good exercise to make the defender understand the concept of defending a particular area.