



FCB-Defense #1

Organization - In 2s with one ball per pair. Area: Use the space between the 18 yard line and midline. Players in red dribble towards the midline, frequently changing directions. Players in yellow show a good defensive stance, keep that 2-3 yard distance and jockey/contain while moving backwards. When you get to the midline, switch roles.

Coaching points: Good defensive stance, sit low, one foot in front of the other, slide backwards and keep the proper distance.