



FCB - Defense #5 - Organizing Back Four

Space: Half Field. Have your 'back four' organized and just on top of the 'D'. At 30 yards have four players (different color bibs) with soccer balls. Coach calls out 'White'; the 'back four' organize themselves as if the White player would attack. Players stop, coach can make adjustments. Then they jog back to top of the 'D'. Coach then calls out a different color bib and the exercise continues.