



FCB - Defense #9 - Organizing Back Four

Space: Half Field. Have your 'back four' organized and just on top of the 'D'. At mid-line have three teams of five players with soccer balls. Exercise starts when Team 1 attacks the 'back four' and looks to go to goal. As soon as the ball is out of play, Team 1 jogs off the field and Team 2 starts attacking the 'back four'. As soon as the ball is out of play, Team 2 jogs off the field and Team 3 starts attacking the 'back four'. Play continuously for a 4-5 minute set. Then make coaching points pertaining to the 'back four'.