



### FCB-Defense #3 - Transition

Organization - In 2s with one ball per pair. Area: Use the space between the 18-yard line and the mid-line. Player in red dribbles the ball towards the mid-line while the yellow player shows a good defensive stance, sits low and keeps that 2-3 yard distance. The red player can leave the ball anytime at which point the yellow player becomes the attacker and the red player the defender.

Coaching points: Quick transition from offense to defense and vice versa. Keep that 2-3 yard distance, good defensive stance, sit low, one foot in front of the other, slide backwards and keep the proper distance.