



FCB-Finishing - 3-player competition

Create teams of three. The yellow team is the shooting team. The green and red teams are the serving teams. The white team is the 'retrieving' team. Yellow player #1 takes a left-footed shot from red, then sprints back behind yellow #3. Yellow player #2 takes a right-footed shot from green, then sprints back behind yellow #1. Continue this rotation for 60 seconds. Count the goals that yellow score. After 60 seconds each group of three players rotates clockwise. Create a competitive environment. Best team does not have to do fitness... Variations: volleys, headers, etc.