



FCB-Passing Exercise #6 (Ajax +): This passing exercise works best with at least 10 players organized as above. Players #1 pass the ball to players #4. Players #4 receive on back foot and pass to players #5. Players #5 pass the ball to players #3 waiting at start. Players always move through one disc. Work both sides. Focus on quality of pass, checking to the ball, receiving back foot and playing to the correct foot. Play two-touch all through if possible.