



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 lay the ball off to players #1. Players #1 pass the ball to players #5. Players always move through one disc. Work both sides. Focus on quality of pass, checking to the ball, touch-lay off so that we can play a quality through pass and playing to the correct foot. Work both directions.