



FCB-Passing Exercise #7: Organize your players in a circle shape. Two players in the middle of the circle, back to back. Players #1 dribble the ball to players #2. Players #2 dribble the ball out to players #3. Players #3 diible the ball in to players #1. Players #1 dribble the ball out to Players #4. Continuous exercise, Do this same exercise with two-touch passing and finally with one-touch passing. Work both directions. Focus on speed and quality of passes, movement after the ball and mental concentration.