



FCB-Passing Exercise #9:

Organization - 6 players/2 balls per group. Set up discs in a diamond shape about 12 yards apart. Player #1 dribbles to player #2. Player #2 dribbles to player #3. Player #3 dribbles to player #4. Player #4 dribbles to player #6. Player #5 starts with second ball as soon as Player #3 crosses in front of him.

Two balls are in play. Quick pace. Progression: Dribble, two-touch, one-touch. Work both directions.

Coaching points: Play to correct foot. Proper pace on the ball. Accelerate after each action.