



FCB-Passing Exercise #12a: Ladder Drill #2

Player #1 passes to #2, and keeps moving forward. Player #2 touches back to #1. Player #1 passes to Player #3, and keeps moving forward. Player #3 touches back to #1. Player #1 passes to #4, and keeps moving forward. Player #4 touches back to #1. Player #1 passes to #5. Player #5 touches back to player #1. Player #1 then speed dribbles back to start. 45 seconds sets, then rotate. Work both feet.

Variations: You can work on short passes in a tight space or longer passes over more distance. Work both right and left side.

Coaching points: Play to the correct foot. Play with pace and touch. Be ready for the next action.