



FCB-Passing - sequential passing

Area: 30x30. Two teams of 5 players. Players on each team are numbered 1 through 5. Players #1 start with the ball. Player 1 passes to 2, 2 to 3, 3 to 4, 4 to 5, and 5 back to 1. Within this organization you can add all sorts of variations: right foot only, left foot only, receive inside of your foot, receive outside of your foot, after each pass you coach the player, checking player must call for ball, etc. To add speed of play, each team has now two balls. Players #1 and #3 start with the ball.