



### FCB-Passing Exercise #10

Organization - Groups of 8, 5 players at the discs, 3 players with a ball at the starting point. Set the discs out in a zig-zag pattern about 12 yards apart. Players #1 dribbles to player #2. Player #2 dribbles to #3. Player #3 dribbles to #4. Player #4 dribbles to #5. Player #5 dribbles to #6. Player #6 dribbles through the middle (through traffic) back to the starting point. In the meantime players #7 and #8 have already started. Continuous exercise. Variations: Dribbling, two-touch passing, wall-passes and overlaps.

Coaching points: Quality of the pass. Play on the correct foot. Proper positioning to execute the wall-pass. Change of speed for the overlap.