



FCB-possession - Keep the ball in the opponent's half.

A 10vs8 situation in the opponent's half. The 10 yellow players must keep the ball for x passes before they can go to goal, or they must move the ball from right to left before they can go to goal. This is an opportunity for the yellow team to gain confidence moving the ball in the opponent's half. As they gain confidence and are successful, you can then add players to the red team. The red team, when they win the ball can score on the two small goals on the mid-line. Coaching points: Yellow - when in possession, good spacing, shape, keep the ball moving, play simple, let the red team chase. After a turn-over: immediate pressure and try to win the ball back.