



FCB-possession with movement out of grid.

7 vs 7 possession game. Grid size: 20x20 (adjust size to ability). a 3vs3 game inside the grid. 4 players from each team on the perimeter of the grid. Within the grid you can play your teammates, or you can play one of your teammates on the perimeter. If you pass to a teammate on the outside, then you follow your pass and take a spot on the outside. Your teammate receiving the ball then takes your spot inside the grid to continue the 3vs3. Coaching points: When your team has the ball, create good spacing and shape to take advantage of the 7vs3 situation. Play simple and keep the ball moving. Move intelligently, be aware of your teammates on the perimeter.