



FCB-Possession - with quarters on the field.

Area: 25x25 (adjust according to ability), 5vs5 possession with area divided into 4 quarters.

Condition: when your team has the ball, you need to have at least one player in each quarter.

Variations: you can add a neutral player, touch restrictions, limit the amount of passes per quarter, a pass in each quarter=1 point. Coaching points: shape on the field, awareness of ball and teammates, head on a swivel, keep the ball moving, play simple when possible.