



FCB - Skills Cycle #1: In pairs/1 ball. One player serves, your partner works. The 'working' partner moves from side to side. Practice the following five skills. One-touch pass, one-touch volley, thigh-volley, chest-volley and headers. You can vary this exercise simply by having the working player move forward and back instead of side to side. You can set a time (30-45 seconds) or a set # of touches.