



FCB-Skills Cycle #3: Groups of three/2 balls per group. The two serving players with the ball are about 12 yards apart, the working player without the ball moves back and forth between the two serving players. Work on the following five skills: one-touch pass, one-touch volley, thigh-volley, chest-volley and headers. Create a competitive environment between the players. Players work for a set time or for a set # of repetitions.