



FCB-Skills Cycle #2: Groups of three/2 balls per group. Players organize themselves in a 4-5 yard grid with one open corner. The working player moves laterally between each touch. Players with the ball are the servers, player without the ball works. Work on the following skills: One-touch pass, one-touch volley, thigh-volley, chest-volley and headers. You can set a time (30-45 seconds), or a # of repetitions. Create a competitive environment between the players.