



FCB-Skills cycle under pressure

Create groups of 3 (server, offense, defense)/ 1 ball per group. Area: 20x20. Work on pass -volley-head and variations. The yellow players on the perimeter of the grid are the servers. The red players are on offense, and the white players are on defense. The red players check to any ball, the white players try to stay as close as possible (touch) to their red player. 45 second sets, then rotate. Yellow on defense, white on offense and red serves. Coaching points: On offense - change of pace, change of direction, head on a 'swivel', quality touch under pressure.