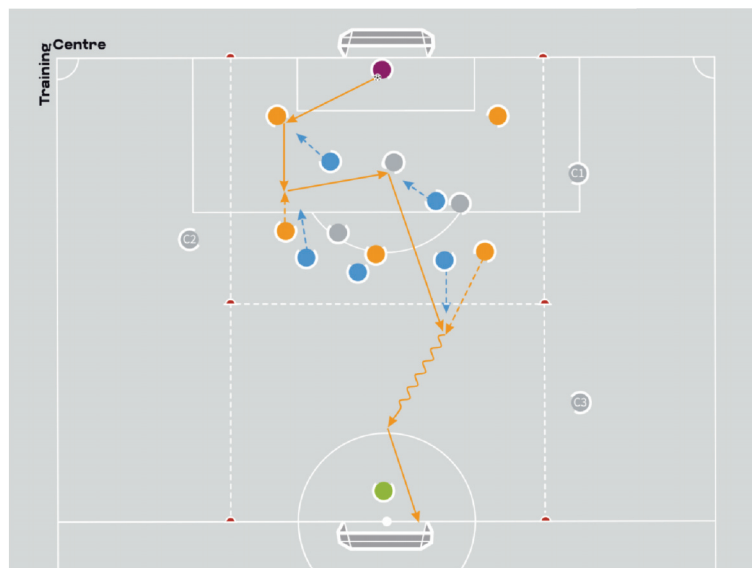


## FIFA Talent Coach Programme

### 5v5 plus 3 small-sided game: Breaking the press and play in behind



#### Organisation

- Use 1 half of a full-size pitch.
- Position a full-size goal at each end of the exercise area and place a goalkeeper in each goal.
- Reduce the width of the exercise area to 25m.
- Mark out a halfway line.
- Split the group into 2 teams of 5 (oranges v. blues) and assign 3 neutral players (greys)

#### Explanation

- The exercise starts with the goalkeeper defending the oranges' goal in possession.
- The objective for the oranges is to build up play and attack the blues' goal.
- The objective for the blues is to apply a high press to win the ball back.
- All of the blue-team players must press in the oranges' half.
- If the blues win the ball, they attack the oranges' goal.
- The 3 neutral players support the in-possession team.
- If the ball goes out of play or a goal is scored, play restarts from a goalkeeper.
- The offside rule applies to both teams.

#### Key coaching points

- Players off-the-ball should provide multiple options in between and behind the defence for the ball carrier to identify whilst ensuring they time their runs to avoid straying offside.
- Scanning can help players off-the-ball time their runs to stay onside as well as meet the pass on the move to help facilitate their next action.

#### Roles of coaches

- First coach: explains the objectives of the exercise and occupies a position inside the exercise area, from where they coach both sets of players and encourage the defending team to apply a high press at all times.
- Second coach: observes the exercise from their position on one side of the exercise area.
- Third coach: observes the exercise from their position on the opposite side of the exercise area to the second coach.