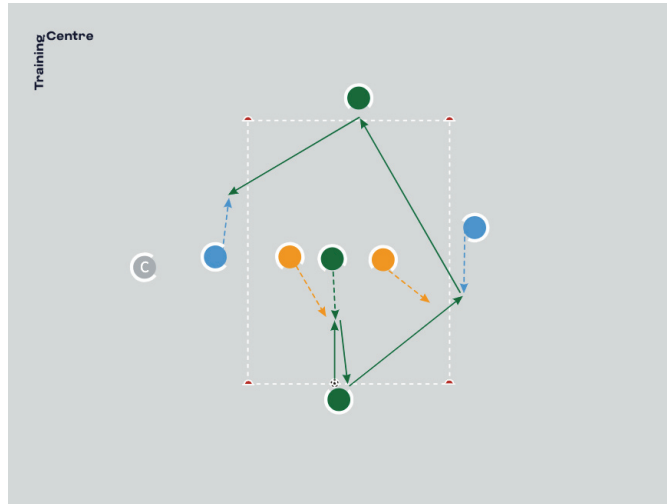


## FIFA Talent Coach Programme

### —•— Combine to progress play

#### 2V2 PLUS 3



#### Organisation

- Mark out a 15x10m area.
- Split the group into 2 blue players, 2 orange players and 3 green players.
- Position a blue player on either side of the area.
- Position a green player at either end of the area.
- Position 1 green player inside the area.
- Position 2 orange players inside the area.

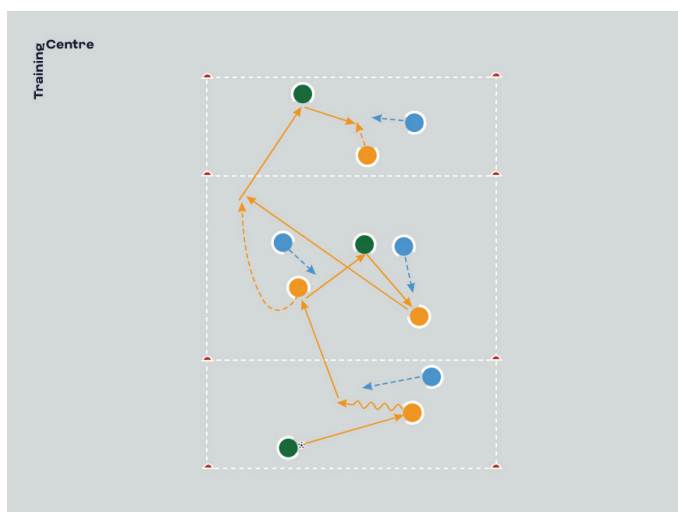
#### Explanation

- The ball starts with 1 of the green players at the end of the area.
- The green team must try to progress the ball from one end to the other by using the green player inside the area and the 2 blue players.
- 1 point is awarded everytime the ball has been progressed from one end to the other.
- If the orange team manages to win the ball, they must immediately pass to the green team and swap roles with the blue players.
- Rotate the players so that they all play in the middle.

#### Variation

- Add a level of difficulty by only awarding a point when the team plays through the player in the middle.

## 4V4 PLUS 3



### Organisation

- Mark out a 20x10m area.
- Split the area into 3 equal zones (2 end zones and 1 central zone).
- Split the group into 4 blue players, 4 orange players and 3 green players.
- Position 1 green player inside each zone.

### Explanation

- The objective is for the team in possession to progress the ball from one end to the other.
- The team in possession can use the green players to progress the ball.
- Orange and blue players can move freely between zones but must offer depth and width and not cluster inside one zone.
- Green players can move freely within their respective zones but must not exit them.
- The team in possession should create 2v1 and 3v2 overloads in each zone to progress the ball effectively.
- The team out of possession must try to win the ball back and then immediately create overloads with the green players to progress the ball.

### Key coaching points

- Off-the-ball players should take up positions that offer the ball carrier various passing angles
- A quick, first-time vertical pass can exploit gaps between out-of-possession players as they shift from one side of the exercise area to the other.
- Receiving the ball in behind players on the out-of-possession team allows the in-possession team to break an opposition line and progress play.
- When receiving between the lines, controlling the ball on the back foot with a side-on body shape allows players to turn forward quickly and to shield the ball more effectively from opponents.

### Roles of coaches

- First coach: starts the session off by reminding the players of the key actions and movements involved in receiving between the lines. Observes the two exercises.
- Second coach: instructs the players in the 2v2+3 game and encourages defensive scenarios, such as controlling space and identifying triggers to press the ball.
- Third coach: instructs the players in the 4v4+3 game and focuses on the players' actions when offering to receive the ball.