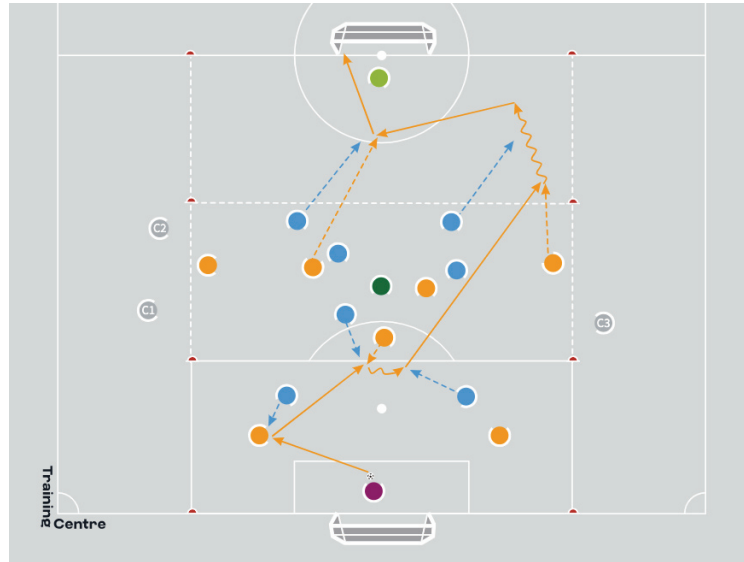


FIFA Talent Coach Programme

Build and progress against a high block



Organisation

- Mark out a 20x50m pitch and position a full-size goal and a goalkeeper at each end.
- Mark out 2 offside lines 20m from each goal.
- 7 blue players vs 7 orange players plus 1 green player.

Explanation

- The ball starts with either goalkeeper and the team in possession must build up play to create an attack.
- In possession, use 2 CBs, 2 wide players, 2 midfielders and 1 forward.
- The 2 wide players operate as both full-backs and wingers.
- In possession, pass to the green player and use as an extra midfielder.
- Out of possession, the team must set up in a narrow 2-3-2 formation.
- The defending team must press high and use the offside line to push up. Offsides apply.
- Play for 2 minutes, coach for 2 minutes and then let the players play for 5 minutes.

Key coaching points

- By making the exercise area big, the in-possession team (oranges) can stretch the opposition and provide the ball carrier with more passing options.
- When playing out from the back, good spacing enables a team to break the opposition's first line of press.
- A player receiving the ball in between lines who is able to turn and face forward is a trigger for team-mates to make runs into open spaces with a view to breaking the opposition's defensive line.

Role of coaches

- First coach: leads the session and organises the players as a unit, whilst reminding them of the actions they need to perform when receiving between the lines.
- Second coach: focuses on coaching the defensive unit and repositioning the players to enable them to close down quickly.
- Third coach: encourages the players from a position on the opposite side of the exercise area and introduces balls into play to encourage quick restarts.