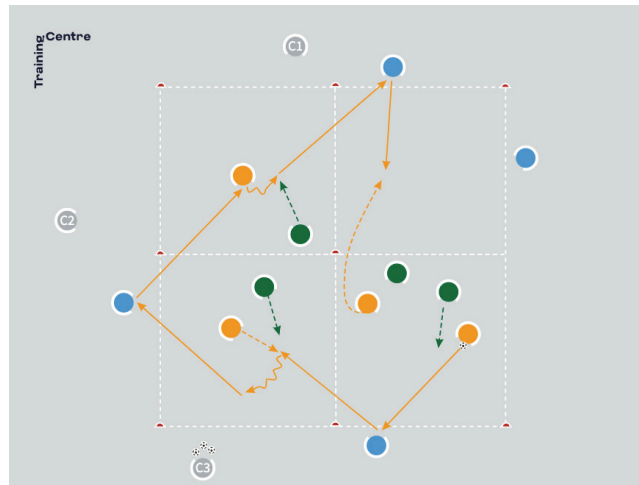


FIFA Talent Coach Programme

4v4 plus 4



Organisation

- Mark out four 10x10m squares inside a 20x20m exercise area.
- Divide the group into 3 teams of 4 players (blues, oranges and greens).
- Place a blue player on the outside of each side of the exercise area.
- Position the remaining players (4 green and 4 orange players) inside the exercise area.

Explanation

- The in-possession team (oranges) aim to retain possession within the exercise area, with the objective of connecting with all 4 outside (blue) players in turn.
- The oranges must occupy 3 of the 4 squares at all times.
- The ball cannot be passed directly between outside players.
- The green team's objective is to win the ball back. Once they recover possession, they become the in-possession team and the two teams swap roles.
- Once the in-possession team have connected with all 4 outside players, the out-of-possession team swap roles with the outside team.

Variations

- The ball can be played directly between outside players. However, a pass played between outside players does not count as one of the in-possession team's 4 passes.

Key coaching points

- When players on the in-possession team occupy positions on the same horizontal or vertical line, they risk compressing play and making it easier for out-of-possession players to maintain a compact defensive shape.
- By occupying the full width and depth of the exercise area, players on the in-possession team can create space for team-mates to exploit as players on the out-of-possession team are dragged out of position.

Role of coaches

- First coach: leads the session and instructs the players. The coach intervenes, providing the players with pointers and asking them questions to help them to think about where they should look to create space.
- Second coach: is not actively involved, mainly observes from a position outside the playing area and offers encouragement.
- Third coach: observes from a position outside the playing area and offers encouragement. shape when receiving the ball.