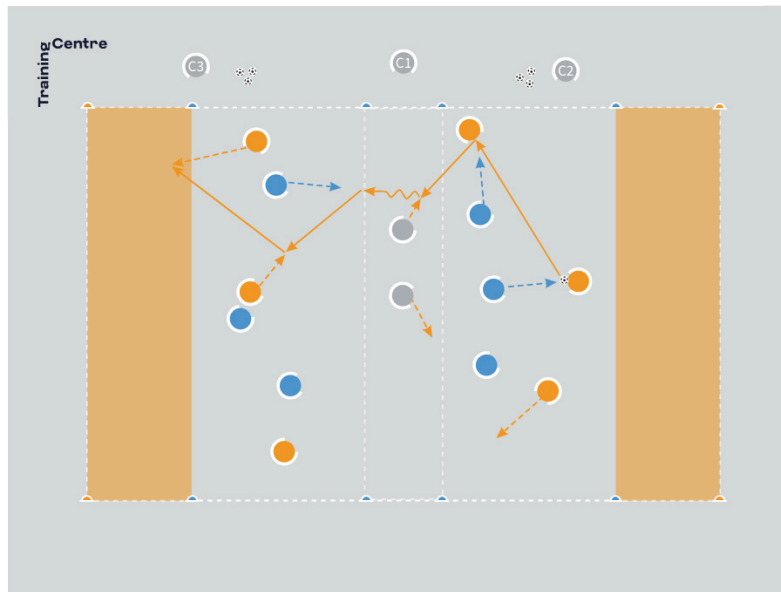


FIFA Talent Coach Programme

6v6 plus 2 possession game: Breaking lines



Organisation

- Mark out a 40m x 20m exercise area and split it widthways into five zones: two 12.5m playing zones, one 3m neutral zone and two 6m orange target zones.
- Split the group into 2 teams of 6 (oranges v. blues) and assign 2 neutral players (greys).
- Set up a 3v3 scenario (oranges v. blues) in each blue zone.
- Position the 2 neutral players in the central channel between the 2 blue zones.

Explanation

- The exercise begins with a coach feeding a ball into a player in either of the blue zones.
- The attacking team seek to progress the ball to either of the 2 neutral players.
- The defending team's objective is to dispossess the attacking team.
- If they receive the ball, the neutral players look to pass it to an attacking-team player positioned in the opposite blue zone from where they received the ball.
- The attacking player then either passes the ball to a team-mate in the orange target zone or dribbles the ball into that zone.
- If the ball goes out of play or the defending team gain possession, play restarts with the defending team in possession in their blue build-up zone.

Key coaching points

- Neutral players should operate at different heights to one another to keep passing angles open and to make it harder for the defenders.
- After the first line of press is broken, attackers should synchronise their movements to disrupt the defensive line and create space for one another in order to provide multiple passing options to the neutral players.

Roles of coaches

- First coach: leads the session and coaches the players from her position inside the exercise area.
- Second coach: feeds balls into the relevant team from their position outside one of the blue zones.
- Third coach: feeds balls into the relevant team from their position outside the blue zone in which the second coach does not intervene.