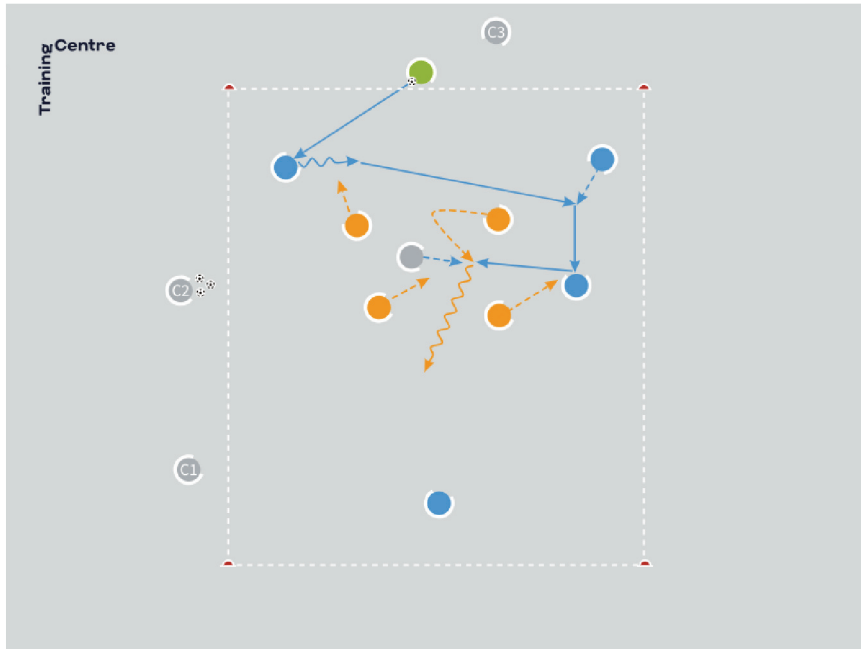


FIFA Talent Coach Programme

4v4 plus 2 possession game: Protecting central areas



Organisation

- Mark out a 18m x 25m exercise area.
- Set up a 4v4 (blues v. oranges) inside the exercise area.
- Assign a neutral player (grey) and a goalkeeper (green).
- Place the neutral player inside the exercise area and the goalkeeper at one of the ends of the exercise area.
- Arrange the out-of-possession team in a 2-2 structure.
- Ask the in-possession team to spread out to make the exercise area bigger.

Explanation

- The exercise starts with the goalkeeper in possession.
- The goalkeeper plays the ball to a player on the in-possession team.
- The in-possession team look to retain possession with the support of the neutral player.
- They are awarded a point if they build play and progress the ball through the centre to the team member positioned at the opposite end of the exercise area to the goalkeeper.
- If the out-of-possession team win the ball, the teams swap roles immediately.

Key coaching points

- Keeping a compact defensive structure, the defending team can force the opponent to play wide and deny any progression through central areas.
- Encourage the attacking team players to position themselves inside the defending team's structure to force the defending players to work on keeping a compact shape and deny any progression through the centre.

Roles of coaches

- First coach: leads the exercise and coaches the out-of-possession team to keep their shape.
- Second coach: feeds balls into the goalkeeper from their position on the outside of the exercise area and encourages both sets of players.
- Third coach: encourages both sets of players.