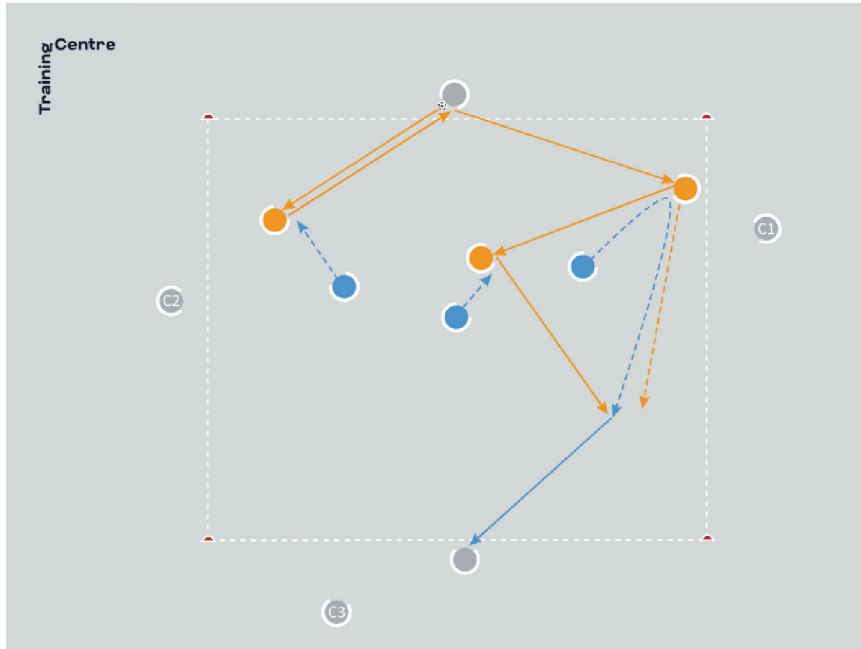


# FIFA Talent Coach Programme

## 3v3 plus 2 possession game: Pressing when outnumbered



### Organisation

- Mark out a 20m x 20m exercise area.
- Split the group into 2 teams of 3.
- Assign 2 neutral players (greys).
- Position a neutral player at either end of the exercise area.
- Set up a 3v3 (oranges v. blues) inside the exercise area.

### Explanation

- The exercise starts with one of the neutral players in possession.
- The in-possession team try to progress the ball to the neutral player at the opposite end of the exercise area.
- The out-of-possession team press to win the ball.
- If the out-of-possession team gain possession, the teams swap roles immediately.

### Key coaching points

- The defending players are organised in a compact structure and have managed to successfully create a situation of numerical parity by closing play down one side.
- By defending as a compact unit and creating a 3v3 situation, the defending team successfully force the error and intercept the ball.

### Roles of coaches

- First coach: leads the session and coaches the pressing players.
- Second coach: feeds balls into the exercise area from their position on one of the sides of the exercise area and offers both sets of players encouragement.
- Third coach: offers both sets of players encouragement from their position at one end of the exercise area..