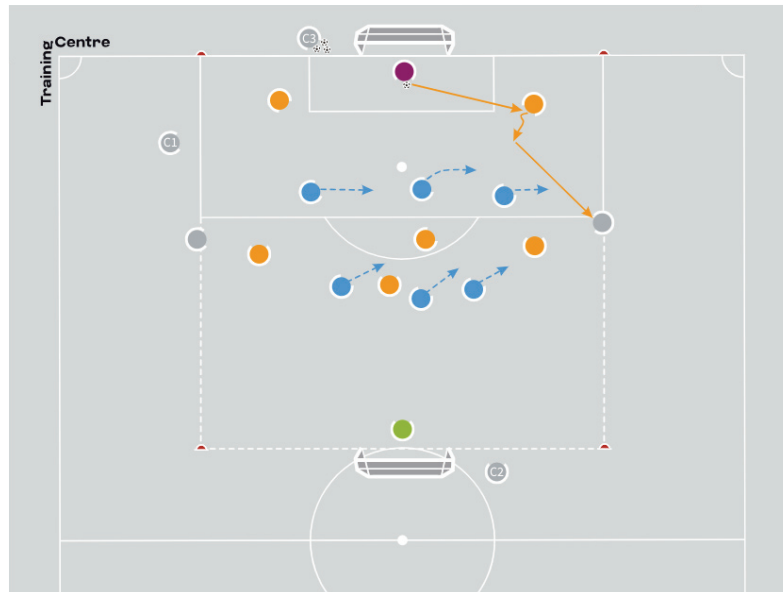


## FIFA Talent Coach Programme

### 6v6 plus 2 team game: Initiating the press from a compact block



#### Organisation

- Mark out a 45m x 30m exercise area.
- Position a full-size goal at each end of the exercise area.
- Place a goalkeeper in each goal.
- Split the group into 2 teams of 6 (oranges v. blues).
- Assign 2 neutral players (greys).
- Arrange the oranges in a 2-3-1 formation.
- Set the blues up in a 3-3 system.
- Place a neutral player on each side of the exercise area.

#### Explanation

- The exercise starts with the goalkeeper defending the oranges' goal in possession.
- The oranges try to progress play and score in the blues' goal.
- The blues press in a high block.
- If the blues win the ball, the teams swap roles immediately.
- Both teams set up in a 2-3-1 formation when in possession and in a 3-3 system when out of possession.
- If a goal is scored, play restarts from the goalkeeper who just conceded. If the ball goes out of play, play restarts from the goalkeeper defending the goal of the team that is in possession by virtue of the opposition having put the ball out of play.
- The neutral players support the in-possession team by providing passing options in wide areas.

#### Key coaching points

- By staying close together both vertically and horizontally, defenders can cut off passing lines into opposition players positioned within the defensive structure and force the opponent to play around rather than through.
- Defending in a compact unit allows players to provide support and quickly shift their positioning to cover any potential gaps that may emerge as the opponent circulates the ball and defenders jump out to apply pressure.
- Even though the defensive team do not have the ball, they are still able to control the pitch and thus dictate where the opposition play by defending as a tight unit with collective movement.

#### Roles of coaches

- First coach: leads the session and organises the press and the players' pressing actions.
- Second coach: offers encouragement and instructions from their position beside one of the goals and feeds balls to the goalkeeper.
- Third coach: feeds balls to the goalkeeper from their position beside the opposite goal to the second coach.