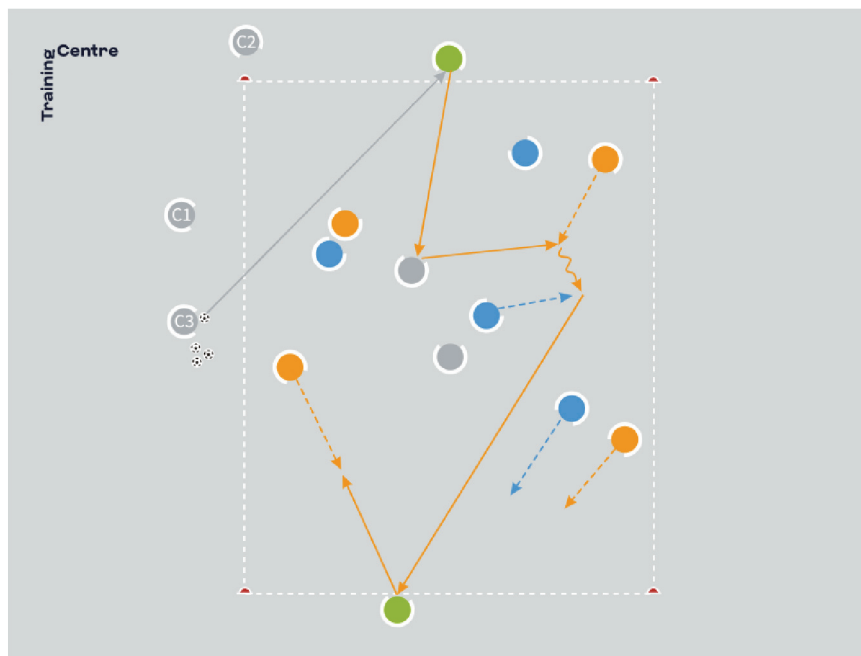


## FIFA Talent Coach Programme

### 4v4 plus 4 possession game: Pressing to dominate possession



#### Organisation

- Mark out a 30m x 15m exercise area using cones.
- Place a goalkeeper, who acts as a neutral player, at either end of the exercise area.
- Split the group into 3 teams: 2 teams of 4 (oranges and blues) and a team of 2 (greys), who also act as neutral players.
- Set up a scenario featuring 4v4 (oranges v. blues), plus 2 neutral outfield players, inside the exercise area.

#### Explanation

- The exercise starts with the third coach (C3) playing a pass into one of the goalkeepers.
- The goalkeeper controls the ball before picking out an orange-team player.
- The oranges aim to keep possession, with the support of the 4 neutral players (2 greys and the 2 goalkeepers), and switch possession to the goalkeeper at the opposite end of the exercise area.
- The blues try to win the ball back.
- If the blues gain possession, the teams switch roles immediately.
- If the ball goes out of play, play restarts with C3 playing a pass to a goalkeeper.

#### Key coaching points

- The defending team must avoid leaving large gaps between players which gives the attacking team space to keep possession and progress play.
- By keeping a compact shape and blocking passing lines into players in central areas the defending team can prevent the opposition from progressing play through the centre.

#### Roles of coaches

- First coach: leads the session and intervenes at intervals to coach the players.
- Second coach: offers the players encouragement from their position at one end of the exercise area.
- Third coach: offers the players pointers and feeds balls into the exercise area from their position on one side of it.