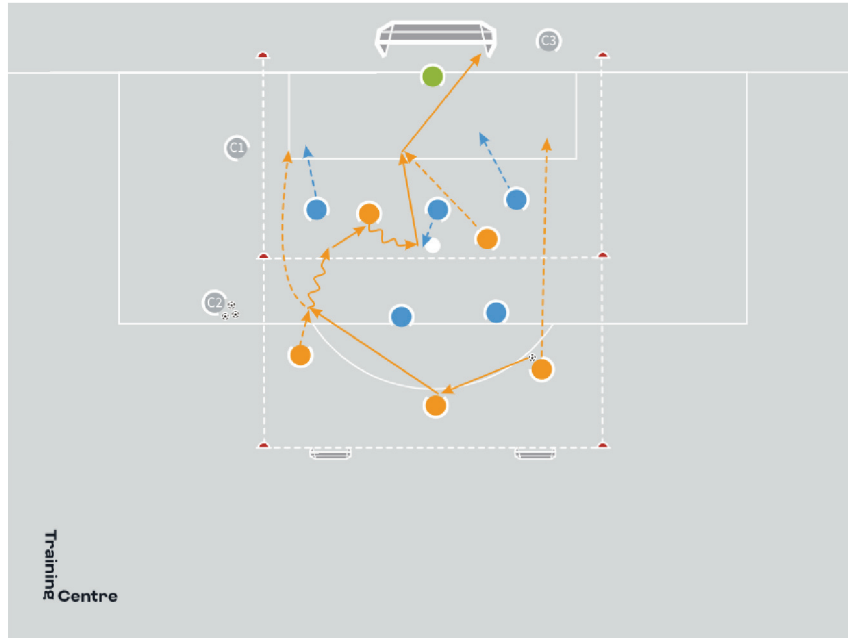


FIFA Talent Coach Programme

5v5 attack v. defence: Breaking through the press to finish



Organisation

- Mark out a 30m x 40m exercise area featuring a halfway line.
- Position a full-size goal at one end of the exercise area and place a goalkeeper in it.
- Position 2 mini-goals at the opposite end of the exercise area and facing the full-size goal.
- Split the players into 2 teams of 5 (attack v. defence).
- Set both teams up in a 3-2 formation.

Explanation

- The oranges attack towards the full-size goal.
- The blues defend the full-size goal and apply a high press.
- If the oranges manage to progress play beyond the halfway line, a 4v3 scenario is triggered in favour of the attacking team.
- If the blues win the ball, they try to pass it into either of the mini-goals.
- The offside rule applies to both teams

Key coaching points

- When the first line of the defensive block is narrow and denies progression through the centre, the attacking team should look to play around the opposition shape. Wide players should make full use of the available space to help break the first line.
- The attacking team should avoid forcing passes into congested central areas and instead exploit the space out wide.
- If gaps do open between the two players on the first defensive line, attacking players should be quick to identify opportunities to break lines by playing through the opposition's shape, which can in turn open spaces out wide.
- The attacking team should also look to break lines by playing over the opposition, using lofted passes to team-mates making well-timed runs in behind.

Roles of coaches

- First coach: explains the rules and objectives of the exercise and takes up a position on one of the sides of the exercise area, from where they coach the players.
- Second coach: feeds balls into the players from their position at the side of the exercise area.
- Third coach: takes up a position beside the full-size goal, from where they help the defensive team to adopt a good shape.