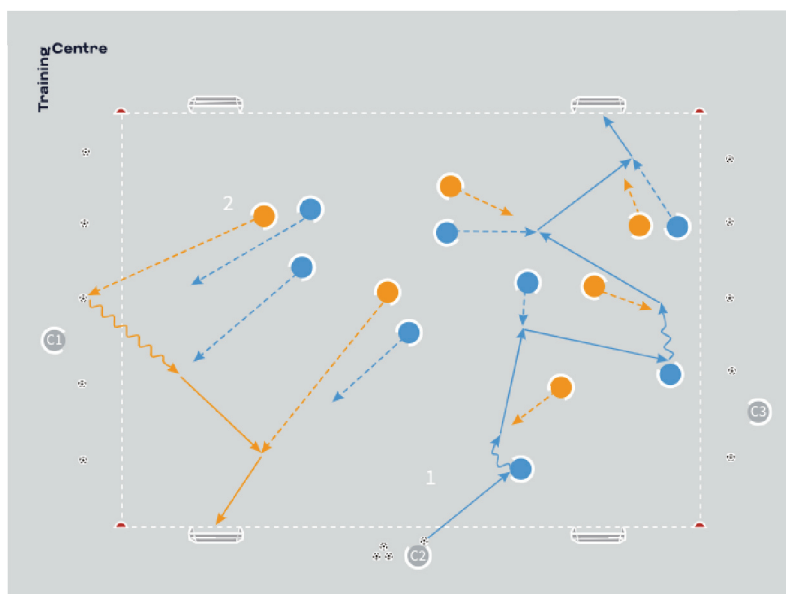


FIFA Talent Coach Programme

8v6 small-sided game: Switching play and creating overloads



Organisation

- Mark out a 35x35m exercise area.
- At each end of the exercise area, position 2 mini-goals approximately 15m apart.
- Place a number of balls along the sides of the exercise area.
- Split the group into 2 teams of 8 and 6.

Explanation

- The exercise begins with the second coach passing a ball to one of the teams from their position between 1 of the 2 sets of mini-goals.
- The in-possession team must attack towards either of the mini-goals at the opposite end of the exercise area.
- The out-of-possession team must try to win the ball back. If they manage to do so, they become the in-possession team and attack the opposition's goal.
- If the in-possession team put the ball out of play or score a goal, the other team can quickly restart play with any of the balls on the outside of the exercise area.

Key coaching points

- Teams can exploit the opponents' "weak-side" (the side of the field the defending team has afforded more space and fewer players) by quickly switching the point of attack from one side to another.
- Attacking the opponents "weak-side" can create 1v1 or overload situations. In this instance, the orange team exploit a 2v1 overload.
- Here, the switch of play from the opponents' "strong-side" to the "weak-side" leads to a 3v2 overload situation.

Roles of coaches

- First coach: leads the session and only intervenes when players are not performing the right actions to achieve the objective of the exercise.
- Second coach: begins the exercise by passing the ball into one of the teams before offering support and encouragement from their position on one side of the exercise area.
- Third coach: offers support and encouragement from their position on the opposite side of the exercise area to the second coach.