

FIFA Talent Coach Programme

3v3 Finishing waves: Attacking with speed



Organisation

- Mark out a 40x25m exercise area.
- Position a full-size goal at each end of the exercise area.
- Place a goalkeeper in each goal.
- Mark out a halfway line.
- Split the group into 2 teams.
- Position each team beside a goal and arrange the players in pairs.
- Place 1 player from each team in the central zone.

Explanation

- The exercise starts with an orange player in possession.
- The player dribbles the ball from their starting position beside the goal into the exercise area, and their partner sets off with them at the same time.
- At the same time as the 2 orange players enter the exercise area, they are joined by 2 blue players who enter the exercise area from beside the opposite goal.
- Once the attack is over, the 2 blue players leave the exercise area and are replaced by 2 of their team-mates, who launch an attack, with 1 of the pair dribbling the ball towards the opposite goal.
- The pair of orange players already inside the exercise area must quickly transition into defence.
- The sequence is repeated after every attack.

Variation 1

- The offside rule applies, with the lines that delimit the central zone acting as the offside lines.
- Players operating in the central zone cannot drop past their respective offside lines to defend.

Variation 2

- A goal scored by the player who starts the sequence is worth 2 goals.

Key coaching points

- Following a transition that occurs at a distance from goal and when the ball is in a wide area, players should look to unbalance the opposition by making a parallel run.
- Parallel runs forces the out-of-possession team to cover one side of the exercise area and, as a result, it opens up space to exploit on their weak side.

Roles of coaches

- First coach: leads the session and instructs the players throughout.
- Second coach: supports and encourages the players from their position on one side of the exercise area.
- Third coach: supports and encourages the players from their position on the opposite side of the exercise area to the second coach.