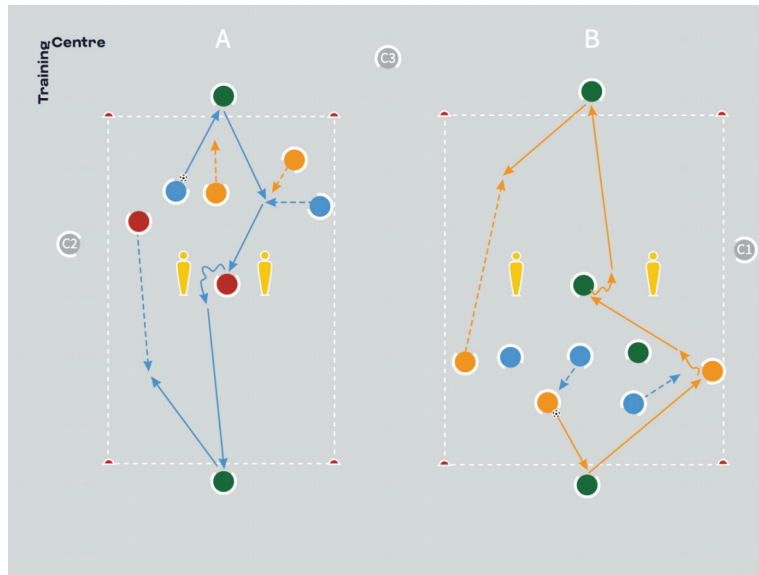


## FIFA Talent Coach Programme

### — 2-Zone transitional rondo: Prioritising vertical play



#### Organisation

- Mark out two zones (Zone A and Zone B)
- Zone A should be marked out by a 10x30m area with 2 mannequins 5m apart in the centre and have 8 players.
- Zone B should be marked out by a 15x30m area with 2 mannequins 8m apart in the centre and have 10 players.
- Each zone should have 3 teams, 2 teams play against each other and 1 takes a neutral role.
- Zone A should have a 2v2 with 4 neutral players.
- Zone B should have a 3v3 with 4 neutral players.
- On each zone, position a neutral player at either end of the area, a neutral player between the mannequins and one neutral player to play freely.

#### Explanation

- Play starts with a neutral player at one end of the exercise area in possession.
- The in-possession team's objective is to retain possession and move the ball from one end of the exercise area to the other with the help of the neutral players.
- To score a point, the in-possession team must play through the central neutral player positioned between the mannequins.
- The out-of-possession team try to recover possession.
- If the out-of-possession team regain possession, in order to become the in-possession team, they have to play the ball to the neutral player positioned at the opposite end of the exercise area.
- If the ball goes out of play, the coach introduces a new ball and play continues.

#### Key coaching points

- Non-ball-carrying players should look to take up positions beyond the opposition's line of press to help their team to progress play forwards.
- Receiving on the back foot with an open body shape gives players a wider view of the game, enabling them to progress play forwards more quickly.

#### Roles of coaches

- First coach: leads the exercise in exercise area B, where they intervene at intervals. They demonstrate areas of improvement when it comes to passing out of pressure and progressing possession.
- Second coach: runs the exercise in exercise area A. They present players with various solutions to play out of pressure and encourage in-possession players to identify the right time to play forwards.
- Third coach: observes both exercise areas and offers players encouragement.