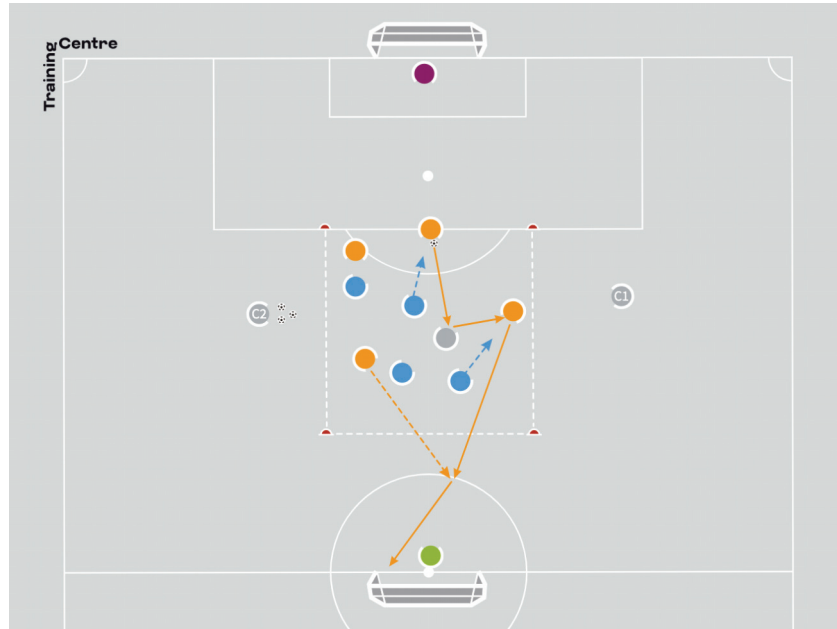


## FIFA Talent Coach Programme

### —●— 4v4 plus 1 small-sided game: Break out and score



#### Organisation

- Use half of a full-size pitch. Position a full-size goal at each end of the exercise area. Place a goalkeeper in each goal.
- Mark out a 15x25m area in the centre of the exercise area.
- Set up a 4v4 plus 1 neutral player – who plays for the in-possession team – inside the central area.

#### Explanation

- The in-possession team aim to keep the ball within the central area until they have the opportunity to play an in-behind pass to an attacker breaking from the central area into the end zone, i.e. the area beyond the central area.
- The out-of-possession team press and try to regain possession.
- If the out-of-possession team win the ball back, they become the attacking team and can launch a counter-attack.
- Once the attacker receives the ball in the end zone, they try to score.
- The attacker can be joined in the end zone by team-mates and opposition defenders.
- Each time an attacking move ends (i.e. when a goal is scored or the ball goes out of play), play restarts with the coach playing a ball to either goalkeeper.
- The offside rule applies.

#### Key coaching points

- Ball carriers should look to combine with attacking team-mates by playing vertical in-behind passes that meet their diagonal runs.
- Ball carriers should look to combine with attacking team-mates by playing diagonal in-behind passes that meet their vertical runs.
- Ball carriers should look to combine with attacking team-mates by playing one-twos that eliminate opposition defenders.

#### Roles of coaches

- First coach: demonstrates the main actions involved in the exercise and constantly instructs and encourages the players.
- Second coach - Offers encouragement and motivation from the opposite side of the area.
- Third coach - Not present.