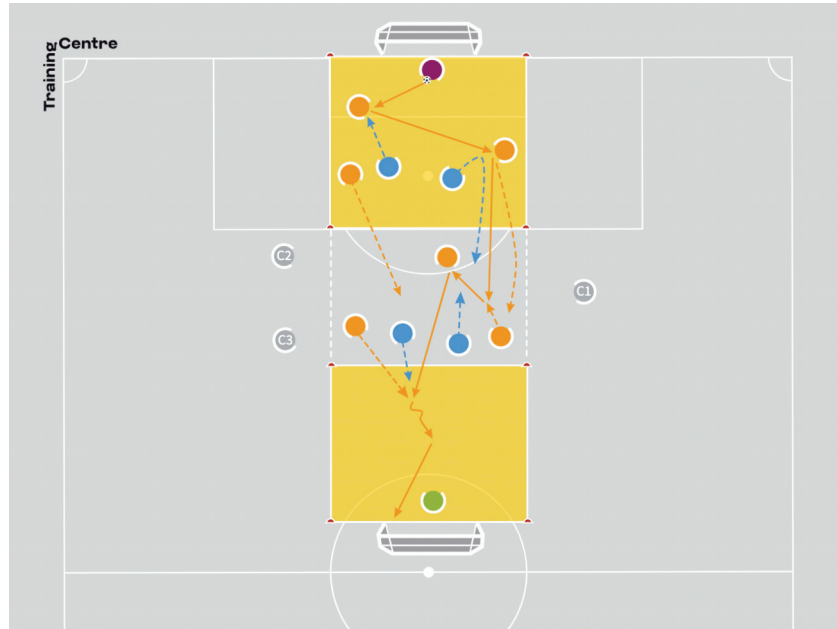


FIFA Talent Coach Programme

6v4 Attack vs. defense: Using the numerical advantage to progress



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.
- Reduce the width of the exercise area to 25m.
- Divide the exercise area into 3 zones: build-up zone, middle zone and end zone.
- Place 3 orange players and 2 blue players in the build-up zone.
- Place 3 orange players and 2 blue players in the middle zone.

Explanation

- The exercise starts with the attacking team's goalkeeper playing the ball to an orange defender in the build-up zone.
- The 3 orange players in the build-up zone look to keep possession between themselves and progress the ball to their attacking team-mates in the middle zone, while the 2 blue players press them.
- Once an orange defender plays the ball out of the build-up zone and into one of the orange attackers in the middle zone, two of the orange defenders can progress into the middle zone, creating a 5v2 scenario as the oranges look to attack the blues' goal.
- As soon as one of the orange attackers receives the ball in the middle zone, a blue player can drop back from the build-up zone into the middle zone to create a 5v3 scenario.
- Each time an attacking move ends (i.e. when a goal is scored or the ball goes out of play), play restarts with the attacking team's goalkeeper.
- If the blues win the ball, they can attack the oranges' goal without any zonal restrictions.

Key coaching points

- Ball carriers in the middle zone should look to combine with attacking team-mates by playing vertical in-behind passes that meet their diagonal runs, enabling the attackers to attack the space in behind and eliminate opposition defenders.

Roles of coaches

- First coach: leads the exercise by establishing the objectives and underlining the key aspects when building up play with a numerical advantage.
- Second coach: frequently intervenes and offers the players strategies to be more effective in the final third.
- Third coach: encourages the defending team.