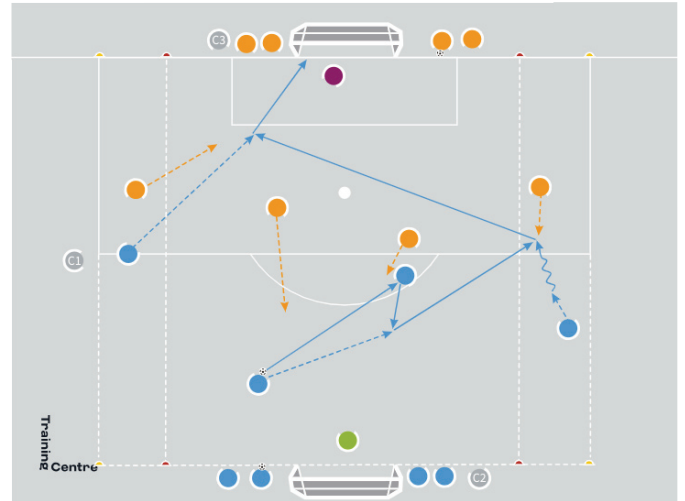
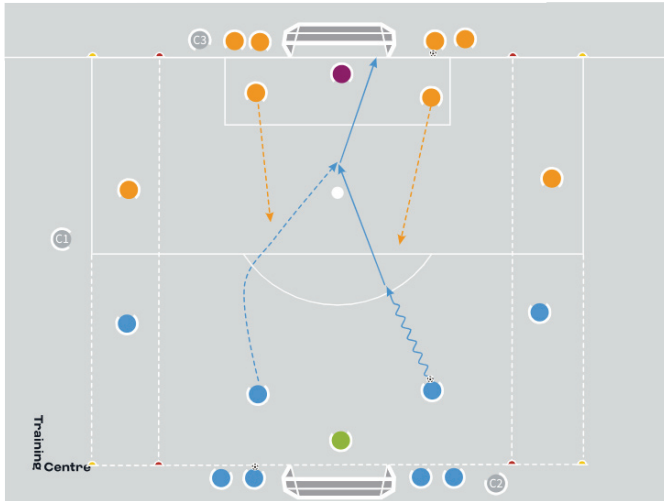


FIFA Talent Coach Programme

4v4 finishing waves: Attacking with width or depth



Organisation

- Mark out a 40x35m pitch with two 10m wide channels, 2 full-size goals and 2 goalkeepers at either end.
- Split the group into 2 teams of 8 and position 2 players from each team inside each wide channel.

Explanation

- 2 blue players enter the pitch with the ball and 2 orange players enter from the other side to make a 2v2.
- If possible, the blue players must try to score inside 3 seconds.
- If they cannot score, they must use the blue players in the wide channels and start a 4v4.
- They must combine and try to score, whilst the orange team tries to win the ball back with the help of their wide players.
- If a team scores or the ball goes out of play, the attack ends and 2 new players from that team enter the field and 2 players exit.
- Goalkeepers can be passed to but are limited to 3 touches.

Key coaching points

- Wide players should look to perform feinting movements to lose their marker and attack the space in behind.
- Attacking players should look to play one-twos to exploit spaces as defenders jump out to press.
- The attacking player can also feint to make a movement in behind before checking to play a one-two with their team-mate, who makes the run into the space in behind.

Roles of coaches

- First coach: leads the session and intervenes to encourage the players to make different types of movement.
- Second coach: offers the players encouragement from their position beside one of the goals.
- Third coach: offers the players encouragement from their position beside the opposite goal to the second coach.