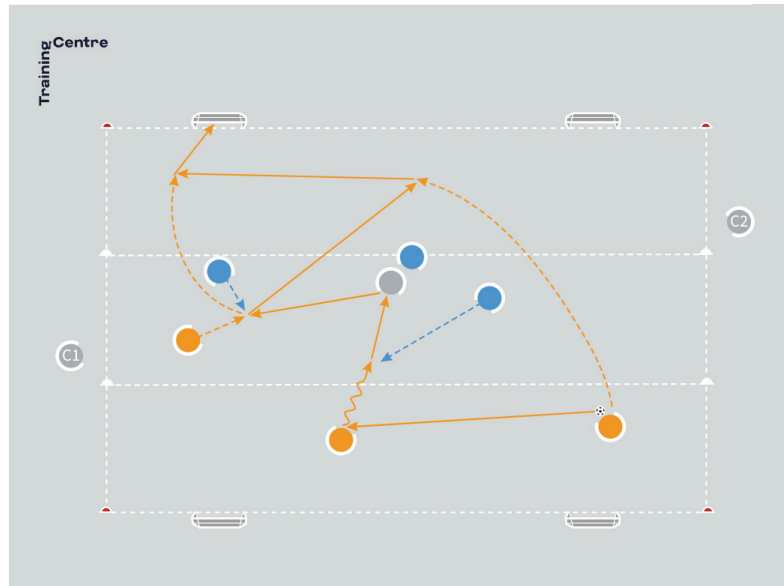


## FIFA Talent Coach Programme

### — 3v3 plus 1 small-sided game: Using a neutral player to progress play



#### Organisation

- Mark out a 20m x 20m exercise area and divide it into thirds.
- Place 2 mini-goals at either end of the exercise area.
- Split the group into 2 teams of 3 (oranges and blues), plus 1 neutral player.

#### Explanation

- The exercise begins with the oranges in possession.
- The 3 orange players and the neutral player set up in a diamond shape.
- The oranges use the neutral player to progress play and finish in either of the mini-goals at the opposite end. The blues try to win the ball and score in either mini-goal at the other end.
- The offside rule applies, with the lines marking the end zones representing the offside lines.

#### Key coaching points

- With the attacking team in good positions to stretch the opposition, the ball carrier should look to engage with a defender to open spaces in the opposition's shape and exploit the 4v3 numerical advantage.
- Fixing a defender can open up passing angles to find players offering in behind.

#### Roles of coaches

- First coach: leads the exercise and offers the players tips on how to improve their off-the-ball movement.
- Second coach: offers the players support and encouragement.