

# FIFA Talent Coach Programme

## 6v6 plus 1 possession game: Zonal restrictions



### Organisation

- Mark out a 30m x 10m exercise area and split it into thirds widthways.
- Divide the group into 2 teams of 6 (oranges and blues).
- Place 2 players from each team in each of the 3 zones.
- Assign a neutral player (grey), who begins the exercise in the central zone.

### Explanation

- The in-possession team try to progress the ball through the zones, with players limited to their respective zones.
- The neutral player supports the in-possession team.
- The out-of-possession team try to win the ball, with 1 player able to leave their zone to press in another zone.
- If the out-of-possession team win the ball, the teams swap roles.
- If the ball goes out of play, one of the coaches feeds a new ball into a player on the in-possession team.

### Variation

- A player from the in-possession team can leave their zone to operate in another zone.

### Key coaching points

- The exercise organisation, with players divided into zones, encourages defenders to anticipate from behind to win the ball.
- Receiving players should pay extra attention to defenders intercepting passes and stealing the ball by effective scanning, movement and body positioning.
- The ball-carrier should have immediate, multiple and clear passing lines, whilst team-mates are positioned on different lines.
- Receiving on the back foot is key to moving the ball forward and in crowded central areas.

### Roles of coaches

- First coach: explains the exercise and coaches the players to make movements to progress the ball more efficiently.
- Second coach: encourages the players in one of the zones and feeds balls into the exercise area.
- Third coach: encourages the players in a different zone to the second coach and feeds balls into the exercise area.