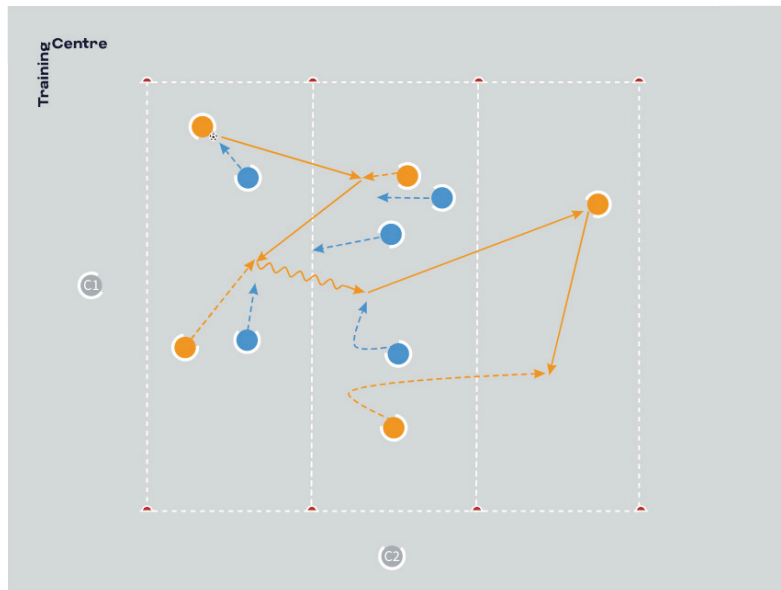


FIFA Talent Coach Programme

5v5 possession game: Securing possession in tight spaces



Organisation

- Mark out a 20m x 20m exercise area and split it into thirds lengthways.
- Set up a 5v5 scenario (oranges v. blues) inside the exercise area
- Arrange the teams so that at least 1 member of each team is in each channel.

Explanation

- The first coach plays the ball to any player.
- The in-possession team try to circulate the ball, with at least 1 player occupying each channel at all times.
- The out-of-possession team try to win the ball.
- If the out-of-possession team gain possession, the teams swap roles immediately.
- Each time the ball goes out of play, a coach plays in a new ball.
- If they complete 7 passes, the in-possession team are awarded 1 point.

Key coaching points

- Players of the team keeping possession should take up intelligent positions to provide multiple passing options for the ball-carrier. Options both short and long, across the channels and on different lines can help the team in-possession avoid being boxed in.
- When receiving under pressure, players should prioritise playing first-time passes to bypass the press. One-touch possession in tight spaces encourages more awareness and quick feet, plus the use of both feet. Supporting players should time their movements into space to receive the ball away from immediate pressure.
- Players receiving in central areas should be aware of opposition pressure from behind as well as the position of their team-mates to open opportunities for playing disguised passes to work the ball out of tight spaces.

Roles of coaches

- First coach: leads the exercise, intervenes to offer players pointers about how they can retain possession more effectively and feeds in new balls.
- Second coach: intervenes to offer the players some pointers.