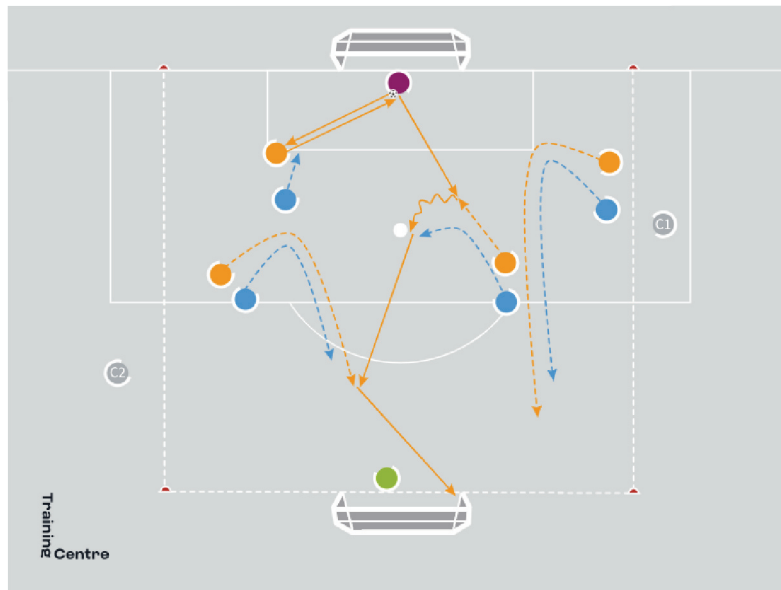


FIFA Talent Coach Programme

4v4 small-sided game: Winning your individual battles



Organisation

- Mark out a 30m x 30m exercise area.
- Position a full-size goal at either end of the exercise area.
- Place a goalkeeper in each goal.
- Split the group into 2 teams of 4.

Explanation

- The exercise starts with one of the goalkeepers in possession.
- The in-possession team try to score in the opposition's goal.
- The out-of-possession team adopt a player-to-player marking system and try to win the ball.
- If the out-of-possession team gain possession, the teams swap roles immediately.
- The goalkeepers are limited to 3 touches and cannot score.
- Players can only play the ball to their goalkeeper once in each attack.
- Each time a goal is scored, play restarts from the goalkeeper defending the goal of the team that just scored.

Key coaching points

- Players off the ball, should recognise opportunities when they are outside the vision of their marker to make blind side runs and attack the space on the back of the defender.
- 2-player combinations such as parallel runs can help players gain positional advantages against player to player marking.
- Players off the ball, should make use of feints, with a change of direction and speed, to attack the space behind an opponent.
- Against player to player marking, teams can look to create space for 1v1 opportunities by setting up in a 1-3 organisation. The best players in 1v1 situations should be prioritised in these situations.

Roles of coaches

- First coach: leads the exercise and coaches the players.
- Second coach: intervenes to offer the players some pointers.