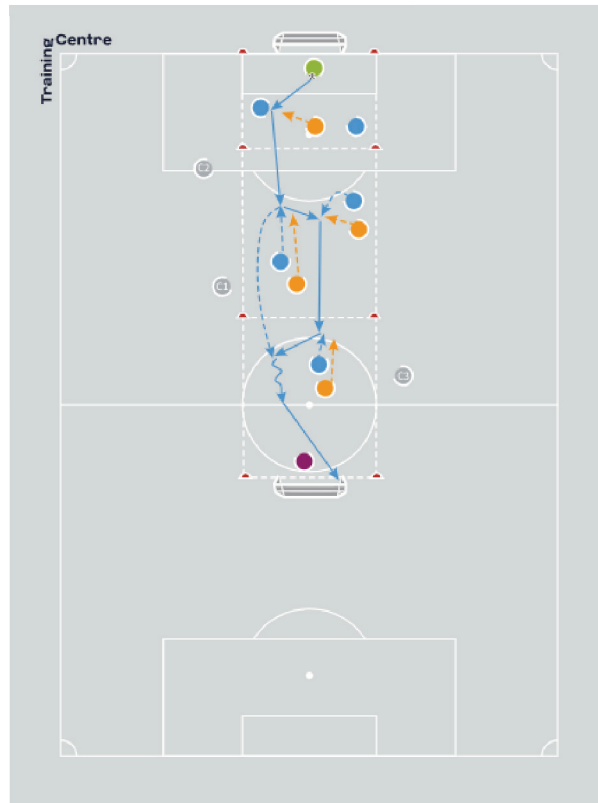


FIFA Talent Coach Programme

5v4 attack v. defence: Playing out from the back



Organisation

- Mark out a 60m x 20m exercise area and divide it into three zones widthways.
- Position a full-size goal at either end of the exercise area.
- Place a goalkeeper in each goal.
- Split the group into 1 team of 5 (blues) and 1 team of 4 (oranges).
- Set up the blues up in a 2-2-1 formation and arrange the oranges in a 1-2-1 system.

Explanation

- The exercise starts with the blues' goalkeeper in possession.
- The blues try to progress the ball through the zones and score in the oranges' goal.
- The 3 players in the respective build-up zones cannot leave the zone. The other players are free to move between zones.
- Once the ball leaves the build-up zone, it cannot be played back into it.
- If the oranges win the ball, the teams swap roles immediately.
- The offside rule applies, with the halfway line representing the offside line.
- When a goal is scored or the ball goes out of play, the first coach feeds a ball into a goalkeeper.

Key coaching points

- To help play through midfield, midfielders should perform movements that create space to receive from the defenders as well as movements that take opposition players out of spaces for their team-mate to exploit. Quick changes in speed when making these movements can help create separation with the opposition midfielders.
- Midfielders should time their movements to receive or to create space as the ball travels from one defender to another or as a pass is made. Blindside runs can help players gain an advantage of their marker to receive and progress play forward.
- The team playing out from the back can also look to bypass the opposition press by playing over the midfield line and directly into the forward. Midfielders can help create space between the opposition midfield and defensive lines by dropping short.
- Defenders should also take advantage of passing lines to play through the opposition shape and directly into the forward. Midfielders should be ready to support the forward, receiving with their back to goal, both under and beyond the ball.

Roles of coaches

- First coach: leads the session, coaches the players from their position on the side of the exercise area and feeds new balls into the exercise area.
- Second coach: coaches and encourages the players from their position on the side of one half of the exercise area.
- Third coach: coaches and encourages the players from their position on the side of the other half of the exercise area to the second coach.