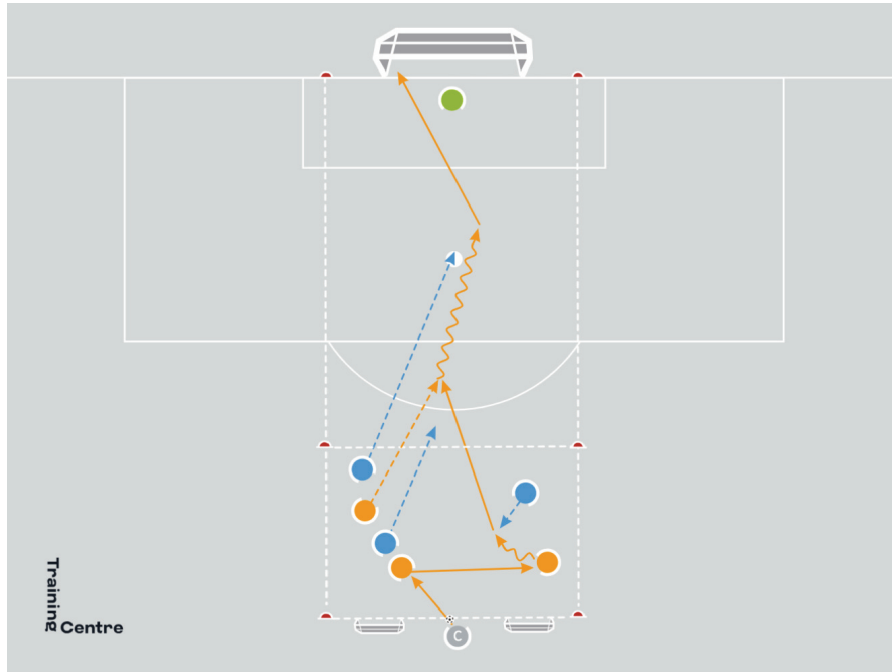


# FIFA Talent Coach Programme

## Attack vs defence: Finding spaces behind the press



### Organisation

- Mark out a 40x20m exercise area.
- Position a full-size goal at one end of the exercise area and 2 minigoals at the opposite end.
- Place a goalkeeper in the full-size goal.
- Divide the exercise area into 2 zones, as indicated in the graphic above.
- Set up a 3v3 (attack v. defence) inside the first zone.
- The coach occupies a position between the minigoals.

### Explanation

- The exercise begins with the coach, who supports the attacking team as a joker, playing the ball to an orange-team player.
- The orange team's objective is to retain possession inside the first zone and break through the blue team's press by playing a through-ball into the final zone before finishing into the full-size goal.
- The blue team press and try to win the ball inside the first zone. If they manage to do so, they attempt to score in either of the minigoals.
- Players on both teams can only enter the final zone once the ball has crossed the offside line, i.e. the line that marks the end of the first zone.
- Attacking players cannot dribble the ball from the first zone into the final zone.
- Each time the sequence ends (i.e. a goal is scored, the goalkeeper makes a save or the ball goes out of play), play restarts with the coach.

### Roles of coaches

- First coach - Leads the exercise and plays an active role as the joker.
- Second coach - Not present.
- Third coach - Not present.