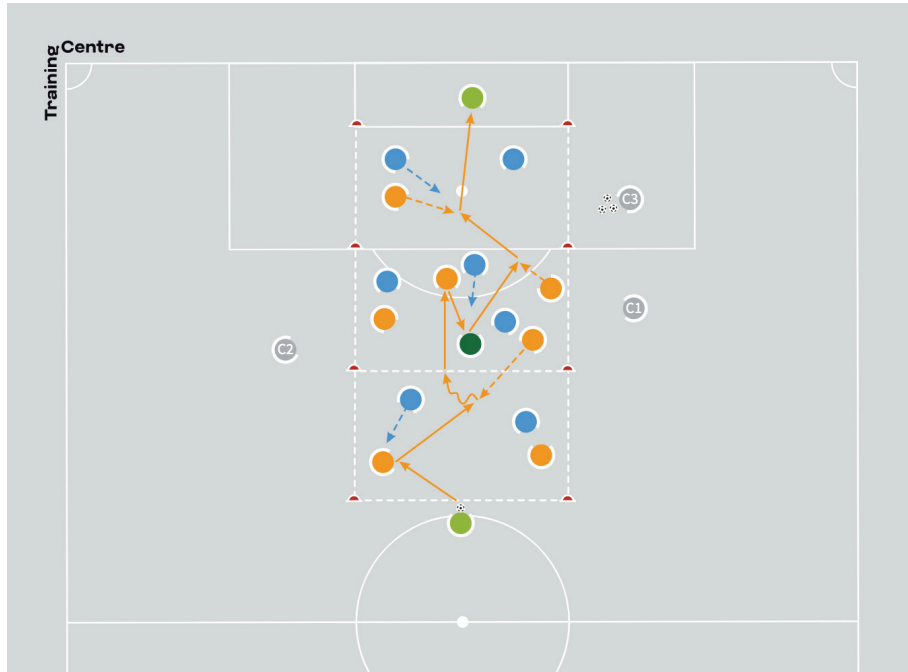


FIFA Talent Coach Programme

7v7 plus 3 possession game: Building-up against a high block



Organisation

- Mark out a 45x20m exercise area.
- Divide the exercise area into thirds.
- Place a goalkeeper at either end of the exercise area.
- Set up a 7v7 plus a joker inside the exercise area, with the attacking team arranged in a 2-4-1 formation and the defending team organised in a 2-3-2 system.

Explanation

- The exercise begins with one of the goalkeepers in possession.
- The goalkeeper plays the ball to an orange player.
- The orange team's objective is to progress play through the thirds and to connect with the goalkeeper at the opposite end of the exercise area. They are awarded a point if they manage to do so.
- The blues aim to dispossess the orange team. If they manage to do so, the teams swap roles, with the blues becoming the in-possession team.
- The blues must have a minimum of 2 players in each third.
- The oranges must have at least 1 player in each third.
- The neutral player plays with the oranges and operates in the middle third.
- Orange players positioned in the middle third can drop into the defensive third to receive the ball and help to progress play out from the back.

Variation 1

- One defender in each zone can move between zones to apply pressure on the back of the attacker as the ball travels towards them.

Variation 2

- Two points are awarded if a defender carries the ball from the defensive third into the middle third and their team connect with a goalkeeper positioned at the end of the exercise area.
- Increase the width of the exercise area by 5m on each side.

Key coaching points

- When facing a high block, players should take advantage of gaps that open between defending players to break lines with a pass into a teammate positioned behind the first line of pressure.
- Players receiving between the first line of press should try to control the ball with their back foot to be able to turn quickly and exploit possible passing lines in the opposition defensive shape.
- By playing with disguise and looking in another direction as the pass is made, players can prevent the opposition from intercepting and cutting out line breaking passes.

Roles of coaches

- First coach: leads the exercise and stops play at intervals to give players tips about how to receive or progress the ball more efficiently.
- Second coach: offers the players encouragement and tips from their position on the opposite side of the exercise area to the first coach.
- Third coach: serves balls into the exercise area to aid the fluency of the exercise.