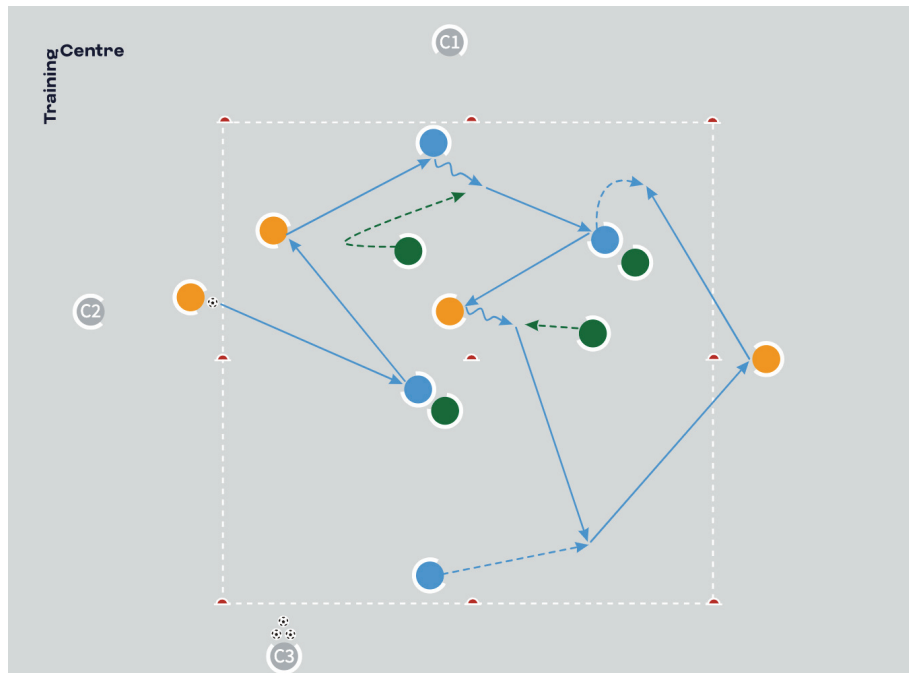# FIFA Talent Coach Programme — 4v4 plus 4 possession game: Keep possession in tight spaces

Organisation
- Mark out a 20x20m exercise area.
- Split the group into 3 teams of 4.
- Set up a 4v4 inside the exercise area (greens v. blues).
- The orange team are neutral: place 2 orange players inside the exercise area and the other 2 orange players at either end of the exercise area.

Explanation
- The exercise starts with one of the orange players positioned at either end of the exercise area in possession.
- The blue team's objective is to progress the ball from one of the outside orange players to the other.
- Passes cannot be played from an outside orange player to an inside player occupying a wide position, then to the opposite outside orange player. Passes must be played into the centre of the exercise area before being played to an outside orange player.
- The green team press and try to regain possession. If they manage to do so, they then become the in-possession team.
- The in-possession team can use the 2 orange players positioned inside the exercise area.

Key coaching points
- Bad practice: the team in-possession (blue) should avoid condensing play by positioning themselves within the same square of the playing area. Like this it is easier for the defending team to cover passing lanes, press opponents, and close down spaces.
- Good practice: by making full use of the width and depth of the playing area by occupying each square, the team in-possession (blue) can make it more difficult for the defending players to close passing lines by the increasing the area in which to cover.

Roles of coaches
- First coach: leads the exercise by providing in-possession players with a number of options and solutions to play out of pressure.
- Second coach: offers instructions and encouragement from their position on the opposite side of the exercise area to the first coach.
- Third coach: feeds balls into the exercise area and offers players encouragement.

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