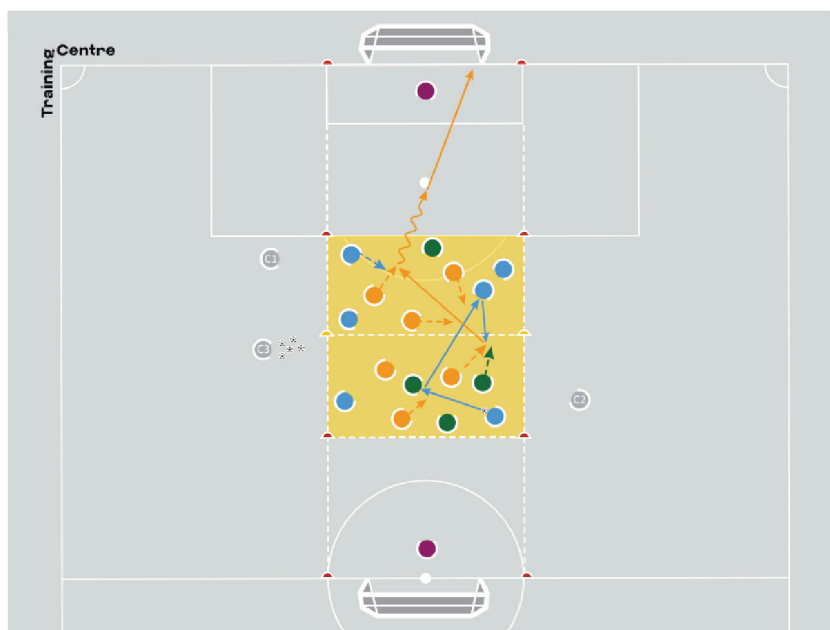


FIFA Talent Coach Programme

6v6 plus 4 possession game: Winning the ball and transitioning



Organisation

- Use one half of a full-size pitch and position a full-size goal at either end of the exercise area
- Cone off the exercise area to a width of 18m.
- Mark out a 18x18m area in the centre of the exercise area with a halfway line running through the middle.
- Split the group into 2 teams of 6 (blues and oranges) and 1 team of 4 (greens).
- Ask the blues to remain close to the edges of the central area at all times.
- Position the oranges up inside the exercise area.
- Ask the 4 green players to act as neutral players; position 2 inside the central area and 1 at either end of the central area.

Explanation

- The exercise begins with the blues in possession.
- The blues aim to retain possession within the central area with the support of the greens.
- The oranges try to win the ball.
- If the oranges gain possession, they must transition quickly into attack and, with the support of the greens, try to score in the opposite goal to the half in which they won the ball.

Key coaching points

- The in-possession team should react immediately after losing the ball to prevent the counter-attack and to improve their chances of regaining possession.
- After regaining possession the team should try to identify a safe passing line to move the ball out of the zone in which they won it and avoid facilitating the opposition's counter-press
- The defending team should be encouraged to conserve their energy by pressing as a unit and identifying the most appropriate moment to apply the press.

Roles of coaches

- First coach: leads the session and explains the exercise.
- Second coach: observes and occasionally offers encouragement from their position on one side of the exercise area.
- Third coach: encourages players and offers them advice from their position on the opposite side of the exercise area to the second coach.