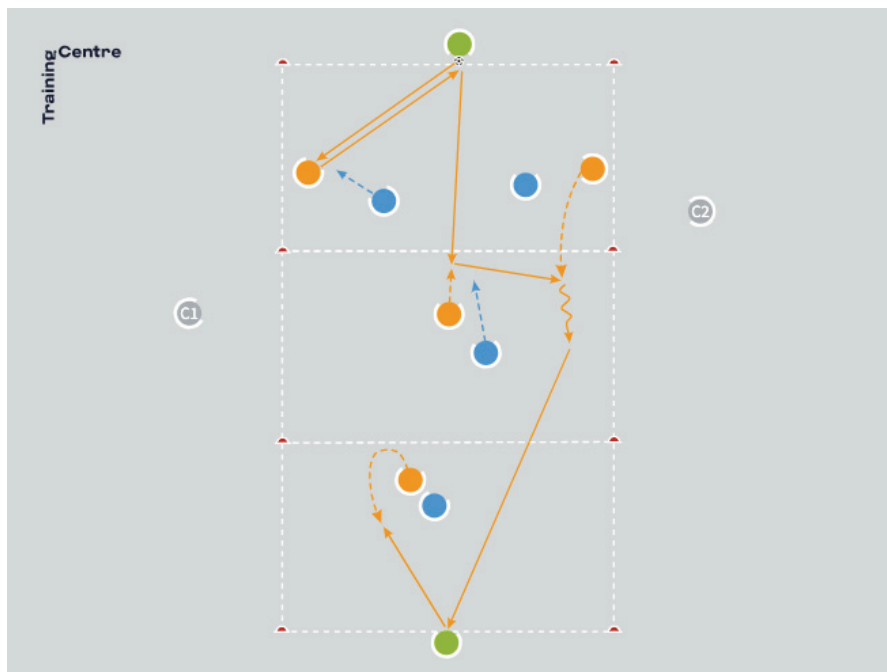


## FIFA Talent Coach Programme

### 4v4 plus 2 possession game: Playing forward as a priority



#### Organisation

- Mark out a 30x15m exercise area and split it into thirds.
- Divide the group into 3 teams: 4 oranges, 4 blues and 2 greens.
- Arrange the players as follows: 2 green players at either end of the exercise area, 2 blues v. 2 oranges inside the first zone and 1 blue v. 1 orange inside both the middle zone and the third zone.

#### Explanation

- The exercise starts with one of the green players in possession.
- The green player plays the ball to one of the 2 orange players positioned inside the first zone.
- The 2 blue players positioned in the first zone must press and try to win the ball. If they do so, possession switches and the teams swap roles.
- The 2 orange players must combine and try to find one of their team-mates located in either the middle zone or the third zone or the green player positioned at the opposite end of the exercise area.
- The blue players in the middle and end zones must try to block forward passes.
- The orange player positioned in the middle zone can drop into the first zone, and the orange player located in the third zone can drop into the middle zone.
- Once the ball is transferred to the green player at the opposite end of the exercise area, the players must move quickly towards the opposite end, restructure and contest the 2v2 in the first zone.
- When the ball is in the opposite end zone, the green players can move freely inside the end zone.

#### Key coaching points

- When players are aligned vertically, it reduces the passing angles and options for the ball carrier. Defenders are able to close off passing lanes more easily, making it difficult for the unit to maintain possession and progress play.
- When players are positioned on different lines, it forces defenders to cover multiple passing lanes, creating gaps that can be exploited to progress play. In this example, a passing lane is created to the green player.
- When players are positioned on different lines, it forces defenders to cover multiple passing lanes, creating gaps that can be exploited to progress play.
- To progress play effectively, it is important for players to scan before receiving to take

- in information about the positioning of team-mates and opponents.
- A quick scan from the player in possession would also allow them to spot if the deepest red defender is marking the player positioned between lines tightly which has opened space to play direct into the opposite end player.

### **Roles of coaches**

- First coach: leads the exercise and intervenes at intervals to offer pointers.
- Second coach: supports the first coach, with a particular focus on the defending team's organisation.