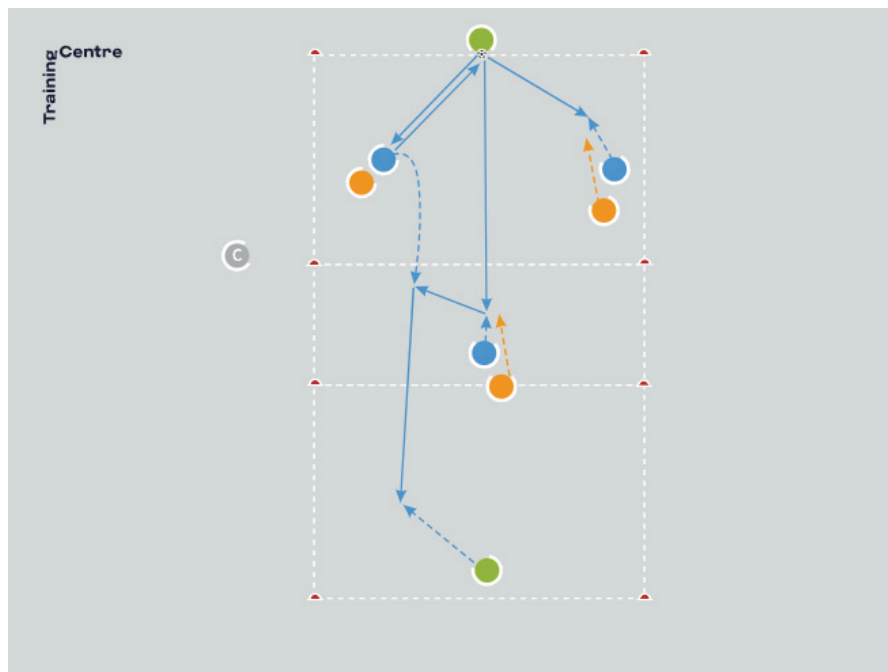


FIFA Talent Coach Programme

3v3 plus 2 possession game: Playing forward as a priority



Organisation

- Mark out a 25x10m exercise area.
- Split the exercise area into 3 zones, with 10-metre-long end zones and a 5-metre-long middle zone.
- Divide the group into 3 teams: 3 oranges, 3 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 the middle zone.

Explanation

- The exercise starts with one of the green players in possession.
- The green player plays the ball to one of the 2 blue players positioned inside the first zone.
- The 2 orange players must press and try to win the ball back. If they do so, possession switches and the teams swap roles.
- The 2 blue players must combine and try to find their team-mate located in the middle zone or the green player positioned at the opposite end of the exercise area.
- The blue player positioned in the middle zone acts as a pivot and can pass the ball back or forward.
- The orange player positioned in the middle zone is tasked with blocking passes played into the blue player in the middle zone and the green player at the opposite end.
- Once the ball is transferred to the green player at the opposite end of the exercise area, the players must quickly move toward the opposite end, restructure and contest the 2v2 in the end zone.
- When the ball is in the opposite end zone, the green players can move freely inside the end zone.

Key coaching points

- Players who receive the ball with a closed body shape limit their field of vision and are unable to assess the position of their team-mates, opponents and the available space. In this example, the receiving player cannot see the space in which they have to turn and play or drive forward.
- Players who receive the ball with an open body shape have a better field of vision, allowing them to identify passing lanes to team-mates in advanced positions or to exploit space in which to drive forward with the ball.

- Receiving the ball on defenders' shoulders can result in play being progressed more quickly and effectively, while increasing the chances of breaking defensive lines.
- Receiving the ball between the lines on the back foot with a side-on body shape helps players to continue to progress play and break defensive lines further up the pitch.

Roles of coaches

- First coach: leads the exercise and intervenes at intervals to offer players pointers about their positioning and movement.