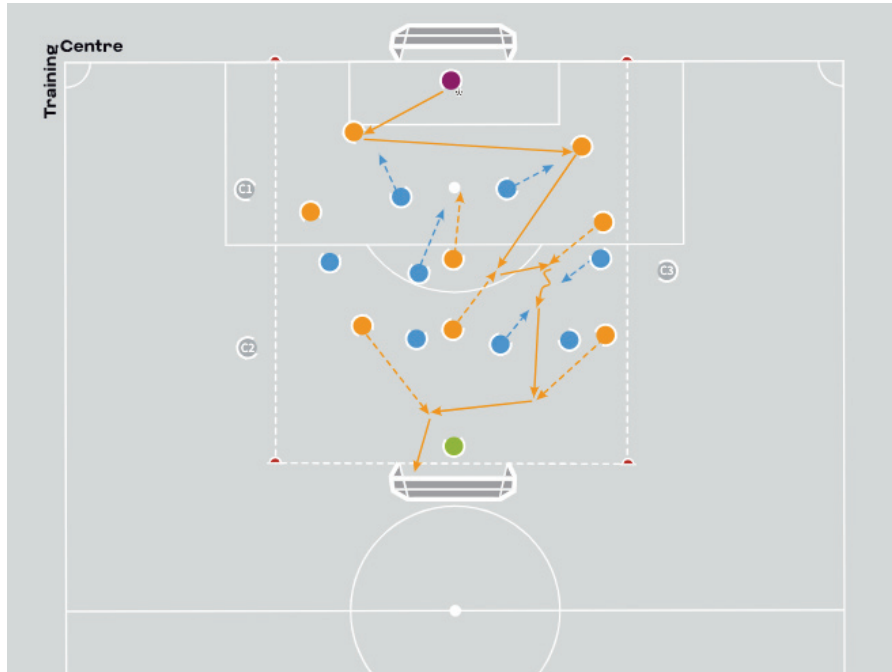


FIFA Talent Coach Programme

8v8 team game: Playing forward to avoid the pressure



Organisation

- Set up a 40x20m exercise area and mark out the halfway line.
- Place a full-size goal at each end of the exercise area.
- Position a goalkeeper in each goal.
- Split the group into 2 teams of 8 (oranges v. blues).

Explanation

- The ball starts with the goalkeeper of the orange team and they must progress the ball and try to score.
- The blues try to win the ball back. If they manage to do so, they try to score into the opposite goal.
- The team to score the most goals win.

Key coaching points

- If the pressure being applied by a defender from behind forces a player to play backwards, the attacking team should try to play the next pass forward to avoid the pressure following the ball.
- As the ball moves from one side of the exercise area to the other, the attacking team should look to exploit spaces that open up inside the opposition's defensive shape with a view to progressing play forward.
- Playing the ball into players in space between the lines allows a team to bypass the opposition's defensive lines and progress play forward.
- In-possession team players should position themselves between defending players to help create space, exploit defensive gaps, force defensive adjustments and create passing options.

Roles of coaches

- First coach: leads the exercise and stops play at intervals to ask the players to think about their movement.
- Second coach: offers support from their position on one side of the exercise area.
- Third coach: offers support from their position on the opposite side of the exercise area to the second coach.