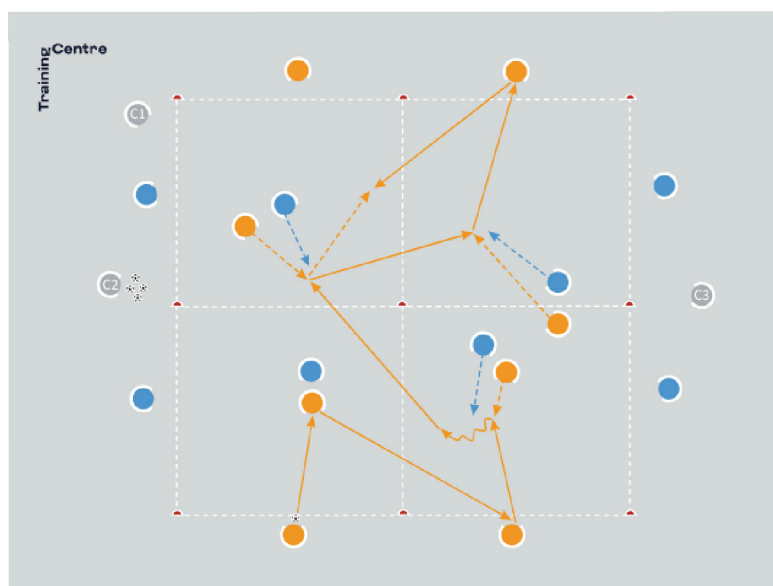


FIFA Talent Coach Programme

8v8 possession game: Progressing play through the middle



Organisation

- Mark out a 20x20m exercise area.
- Divide the exercise area into 4 boxes.
- Divide the group into 2 teams of 8 (oranges and blues).
- On each team, position 2 players at opposite ends of the exercise area and 4 players inside the area.

Explanation

- The 4 boxes are for orientation only. Players inside can move freely, while players outside must stay outside.
- The oranges start with the ball and try to progress play from one end of the exercise area to the other and back.
- If the blues win the ball, they try to do the same.
- The blues try to play from one side of the exercise area to the other and back, while the oranges look to play in the opposite direction and back.

Variation 1

- To force players to think about their future actions, play 1 touch or 4 or more touches, i.e. players cannot take 2 or 3 touches.

Variation 2

- Remove the restriction on touches and allow players to take as many touches as they like, but ask them to think at the same speed as in the previous variation.
- Players on the outside are now allowed to enter the area and anchor players must fill their position should they do so.

Variation 3

- 1 point for connecting a pass to the opposite side from the “build-up” zone.
- 2 points for playing to the other side from an attacking zone.

Key coaching points

- Players on the in-possession team should look to occupy space intelligently to create as many passing lines as possible and provide the ball carrier with multiple passing options.
- In order to work the ball out of tight spaces, players should play disguised passes. By looking in one direction and playing the ball in another, the ball carrier can draw opposition defenders out of position, thereby creating space for team-mates.

Roles of coaches

- First coach: instructs the players about how to press effectively throughout the exercise and delivers a team talk to the blues during the mid-exercise break.
- Second coach: prior to the exercise, uses the whiteboard to explain to the oranges how they should set up to press before reinforcing the pressing techniques during the mid-exercise break.
- Third coach: offers players on both teams encouragement from their position on one side of the exercise area.