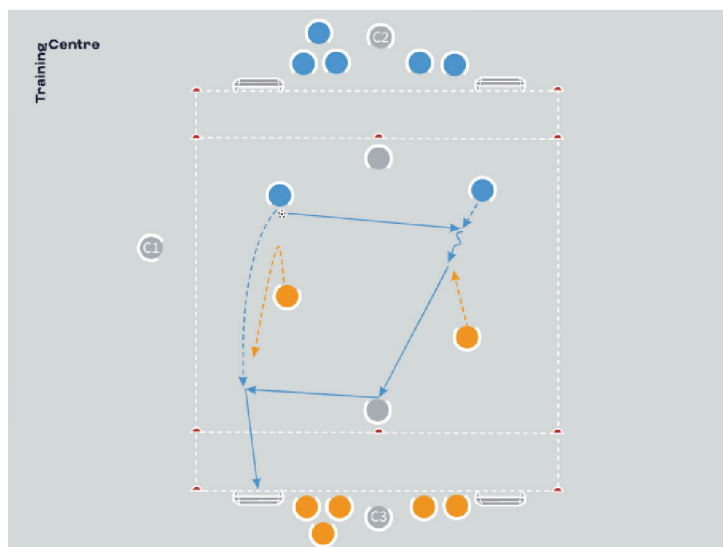


FIFA Talent Coach Programme

— 2v2 plus 1 small-sided game: Using the pivot player to score



Organisation

- Mark out a 25x15m exercise area. Place 2 mini-goals and mark out a 3-metre zone at either end of the exercise area.
- Divide the group into 2 teams of 7 (blues and oranges), plus a group comprising 2 neutral players.
- Set up a 2v2 scenario between the oranges and blues inside the exercise area and place the remaining players beside the mini-goals at either end of the exercise area.
- Position a neutral player inside the 3-metre zone at either end of the exercise area.

Explanation

- The exercise begins with the blues in possession. They try to score in either of the 2 mini-goals at the opposite end of the exercise area, while the oranges look to prevent them from doing so.
- The blues can use the 2 neutral players, but if they play the ball backwards to the neutral player, they cannot use the same neutral player again in the sequence.
- The neutral players can pass the ball to each other.
- After each goal or attempt on goal, the 2 orange-team players are replaced by 2 of their team-mates, who come on to attack.
- In this new sequence, the blues become the defending team.
- The sequence is repeated after each goal or attempt on goal.
- Rotate the neutral players at regular intervals.
- Keep the score to help motivate the players.

Variation

- Reduce the distance between the mini-goals.

Key coaching points

- Performing feinting movements can help players to lose their marker. In this instance, immediately after passing to the blue end player, the ball carrier performs a feint to receive a return pass on the inside before darting back around the outside to receive the one-two from the blue end player ahead of the green defender.
- Receiving players should try to ensure that they take their first touch on the move to avoid being put under pressure by a defender. Taking a first touch on the move requires team-mates to move immediately after playing their pass to help to create space for the receiving player to move into.

Roles of coaches

- First coach: leads the exercise and brings the players together for a post-exercise discussion to ask them questions that require them to reflect on their actions.
- Second coach: provides support from their position at one end of the exercise area.
- Third coach: provides support from their position at the opposite end of the exercise area to the second coach.