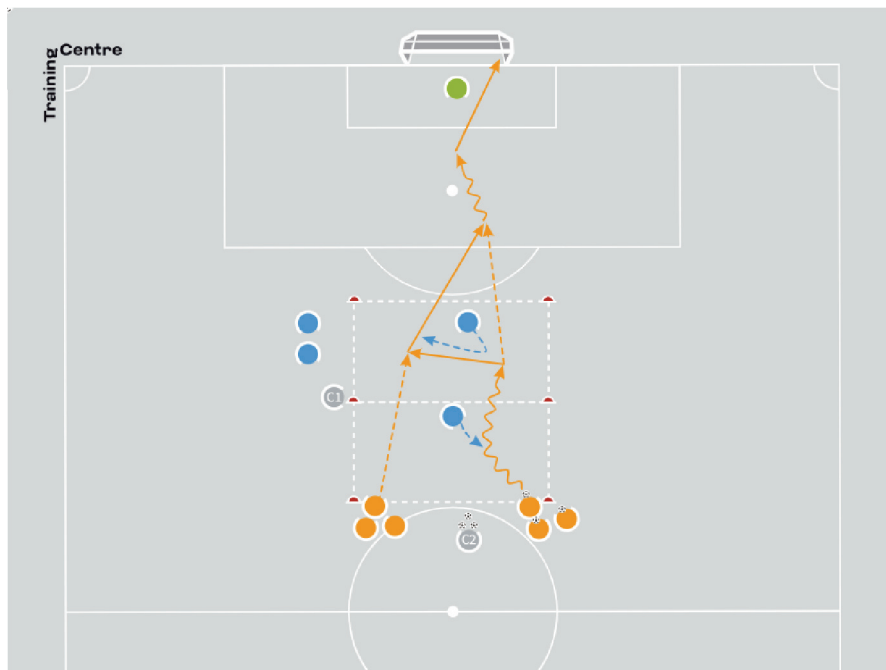


FIFA Talent Coach Programme

— 2v1 plus 1 attack v. defence: Progressing through the central channel



Organisation

- Use half of a full-size pitch.
- Place a full-size goal at the opposite end to the halfway line.
- Position a goalkeeper in the goal.
- Travel 20m from the goal towards the halfway line and mark out a 20m x 15m area (the central channel).
- Divide the 20m x 15m area in half widthways.
- Split the group into two teams: 6 oranges and 4 blues.
- Position 1 defender in each zone and the other 2 defenders outside 1 of the long sides of the area.
- Place 3 attackers at each corner of the end of the area closest to the halfway line.

Explanation

- The drill starts with 1 attacker from each corner entering the central channel, with 1 of them dribbling the ball that they are fed by a coach.
- The attackers work together to beat the first defender and enter the second zone.
- Once they enter the second zone, they combine again to overcome the second defender and advance towards goal before finishing as quickly as possible.
- If they are beaten, the first defender becomes inactive, while the second defender remains active even if they are beaten and is able to track back to try to prevent a goal.
- The offside rule applies once the ball leaves the central channel.
- The players rotate after each attacking sequence has finished.

Variation

- Players must dribble with the ball and cannot pass it to their team-mate immediately after entering the central channel.

Key coaching points

- The ball-carrier should engage with the defender to draw them in. This creates space for their teammate and ensures the pass breaks the line, making the 2v1 more effective.
- The supporting attacker remains active, constantly adjusting their position to maintain a clear passing lane and to stay onside.
- The ball-carrier can also be encouraged to use body feints or fake passes to disguise their intentions and deceive the defender. This can create an opportunity to beat them on the dribble or open space for a pass to the supporting player.

Roles of the coach

- First coach: leads the exercise and coaches the players from their position on one of the long sides of the central channel.
- Second coach: offers the players encouragement and feeds balls to the attacking players from their position in the middle of the end of the central channel closest to the halfway line.