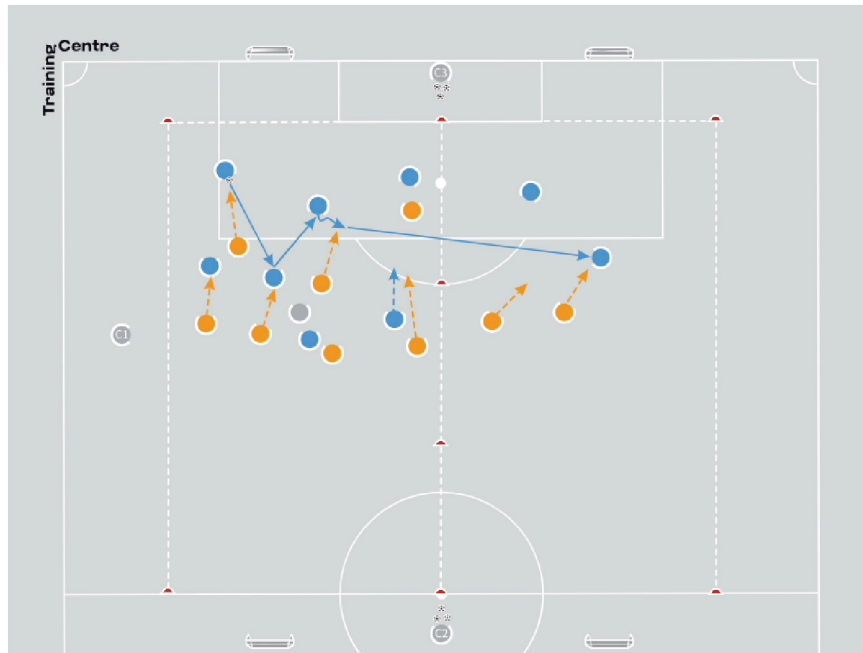


# FIFA Talent Coach Programme

## 9v9 plus 1 team game: Pressing high as a team



### Organisation

- Use just over half of a full-size pitch as the exercise area.
- Place 2 mini-goals at either end of the exercise area.
- Reduce the width of the exercise area by 10m on each side.
- Use cones to divide the exercise area in half lengthways.
- Split the group into 2 teams of 9 (blues v. oranges).
- Assign 1 neutral player (grey).

### Explanation

- The in-possession team look to build up from the back, play through the opposition and score in either mini-goal.
- The out-of-possession side press as a team to win the ball and score in either mini-goal.
- If a goal is scored or the ball goes out of play, 1 of the 2 coaches positioned at the ends of the exercise area restarts play by feeding a ball to a player whose team have scored/gained possession by virtue of the opposition having put the ball out of play.
- At least 2 players from each team must be in the opposite half (lengthways) of the exercise area to the ball at all times.
- The neutral player supports the in-possession team and operates in central areas. The in-possession team should use them as much as possible to play through the press.

### Key coaching points

- Successful pressing requires coordination and teamwork. As one player jumps out to press, players must communicate and synchronise their movements to press as a cohesive unit.
- By pressing as a unit, the defending team can block passing lanes as well as deny the opponent time and space to organise their attacks. This proactive approach not only facilitates quick transitions from defence to attack but also helps generate scoring opportunities in the final third.
- The defending team should prioritise closing spaces on the inside to force the opponent to play wide, then as the ball travels, be quick to press the player receiving out wide

### Roles of coaches

- First coach: leads the exercise and coaches the pressing team to apply a coordinated press.
- Second coach: feeds balls into the exercise area from their position at one end of the exercise area whilst encouraging the team playing out.
- Third coach: feeds balls into the exercise area from their position at the opposite end of the exercise area to the second coach whilst encouraging the team playing out.