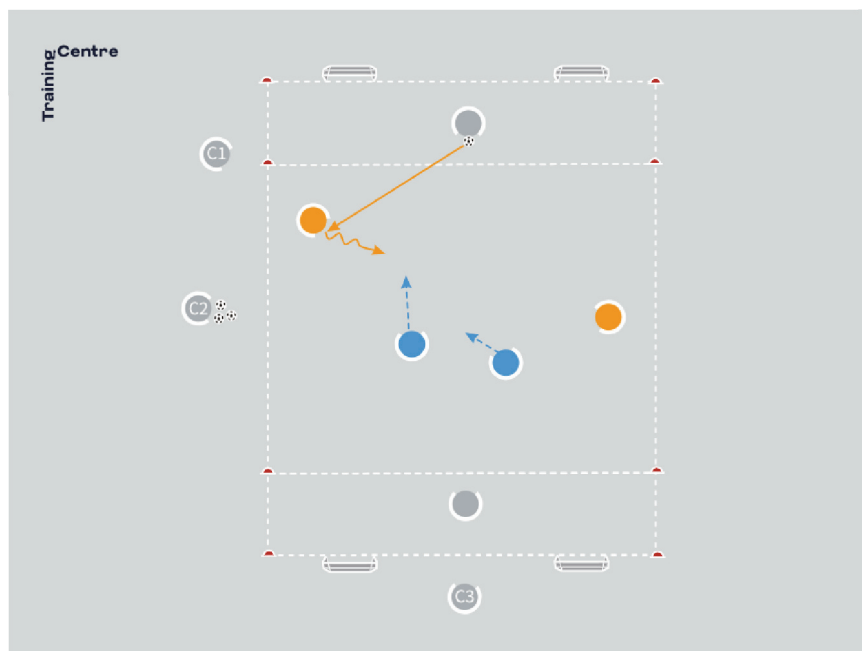


FIFA Talent Coach Programme

— 2v2 plus 2 small-sided game: Two players defending in coordination



Organisation

- Lay out a 10m x 20m exercise area.
- Mark out a 3-metre-long zone at either end of the exercise area.
- Place 2 mini-goals at either end of the exercise area.
- Split the players into 2 teams of 2.
- Assign 2 neutral players (greys) and position 1 of them in each 3-metre zone.

Explanation

- The exercise starts with a neutral player in possession.
- The neutral player passes to an in-possession team player, who tries to combine with their team-mate to play through the opposition.
- The in-possession team's objective is to play the ball into the neutral player at the opposite end of the exercise area before receiving a return pass and finishing into either mini-goal.
- The out-of-possession team try to prevent the in-possession team from playing through them and look to win the ball. If they manage to do so, the teams swap roles immediately.
- The neutral players cannot leave the 3-metre zone and can only pass the ball backwards when acting as the target player.
- Players should be rotated after a set period of time to ensure that they get to experience all roles.

Key coaching points

- By keeping compact and reducing the distance between one another, the defending players can force the neutral player to pass wide.
- As the ball travels, the defender should jump out to press provided they are within a good distance to apply pressure on the ball-carrier.
- If the attacking team succeed in playing the ball to the neutral player at the opposite end, the defenders must be quick to react to close down the space, on their backs, the two attackers will look to exploit in order to score in the mini-goals.

Roles of coaches

- First coach: leads the exercise and coaches the pressing players.
- Second coach: feeds balls into the neutral players from their position on one side of the exercise area.
- Third coach: encourages players from their position at one end of the exercise area and intervenes to coach the pressing team.