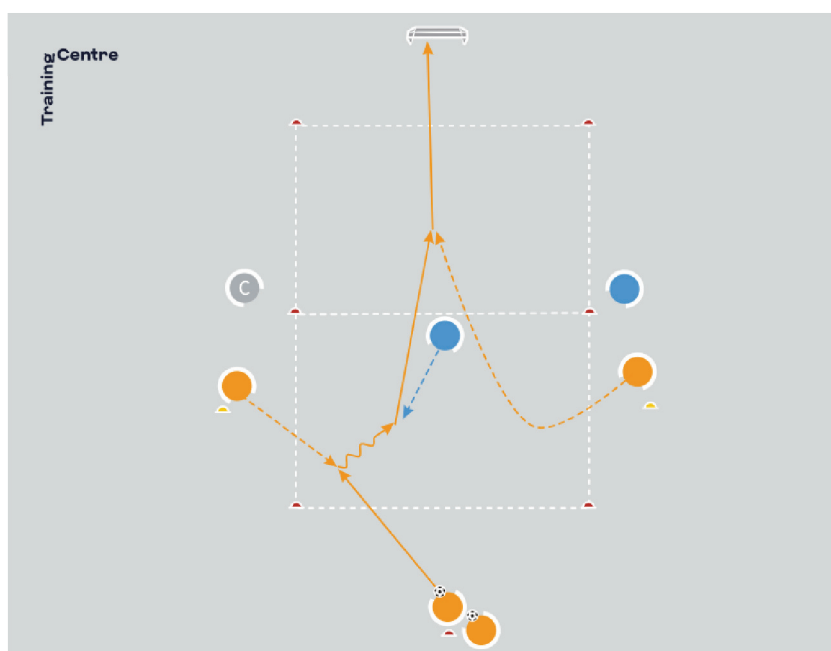


FIFA Talent Coach Programme

1v2 Attack v. Defence: Defending outnumbered



Organisation

- Mark out a 20m x 10m exercise area with an imaginary halfway line using cones. Place a mini-goal centrally and 3 metres beyond one end of the exercise area.
- Position a cone centrally and 3 metres beyond the opposite end of the exercise area. Place 2 orange players (servers) behind each other at the cone and give them a ball each.
- Position a cone on the outside of either side of the exercise area and at the halfway point of the half of the area closest to the cone positioned at the end of the area. Position an orange player at each of these cones (wide players).
- Place a blue player (defender) on the imaginary halfway line and another blue player on the outside of the exercise area at one of the cones that marks the end of the imaginary halfway line.

Explanation

- The first server in the queue plays a pass to either of the wide players.
- As soon as the pass is played, the blue player must choose whether to press the wide player or hold their position.
- The objective for the blue player is to win the ball and stop the orange players from scoring in the mini-goal.
- The sequence is over when a goal is scored or the ball goes out of play.
- The players rotate as follows:
 - The server follows their pass and occupies a wide station.
 - One of the wide players occupies the opposite wide station.
 - The other wide player becomes a server.
 - The two blue players rotate after each sequence.

Key coaching points

- Defenders should angle their pressure to turn the 1v2 into a 1v1 while keeping their body oriented toward the area they want to close down.
- Defenders must retreat diagonally in order to cut off passing lines between the two attackers and cover the goal.
- Defenders should anticipate the game and press at the right moment, such as after a poor or negative first touch. Weak passes also create opportunities to apply pressure, allowing the defender to get touch-tight as the ball travels.

Roles of coaches

- First coach: leads the session and focuses on the defender's actions and body shape.