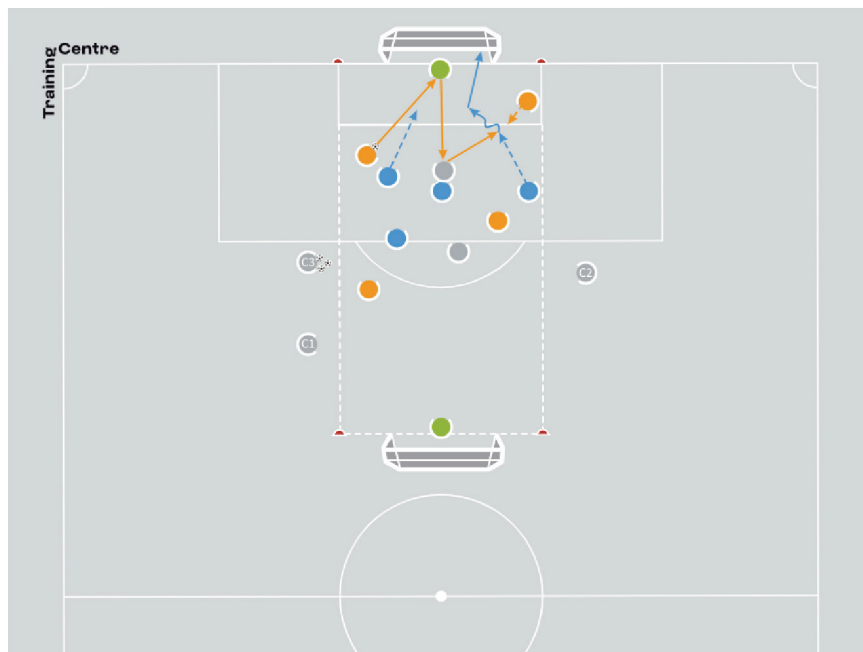


FIFA Talent Coach Programme

4v4 plus 4 small-sided game: Pressing and defensive shape



Organisation

- Mark out a 32m x 19m playing area with a full-size goal at each end.
- Play a 4v4 with 2 neutral outfield players and 2 goalkeepers.

Explanation

- For a set period of time, the orange players must keep possession using the 2 neutral outfield players and 2 goalkeepers.
- The blue players must use a coordinated press to steal the ball in order to score in either goal.
- Teams switch roles when the set period of time is up.
- Whichever team has possession can use the 2 neutral outfield players.

Key coaching points

- The defending team should stay compact as a unit, prioritising the protection of central areas and blocking passes through midfield.
- Players in the first line should read the ball carrier's body shape and orientation to anticipate passes and jump out aggressively to apply pressure.
- When play is forced wide, the team should press collectively to close one side and restrict passing options.

Roles of coaches

- First coach: explains the exercise to the players and provides them with coaching points.
- Second coach: observes and corrects defenders' positioning.
- Third coach: feeds balls from the side of the pitch and intervenes to add variations.