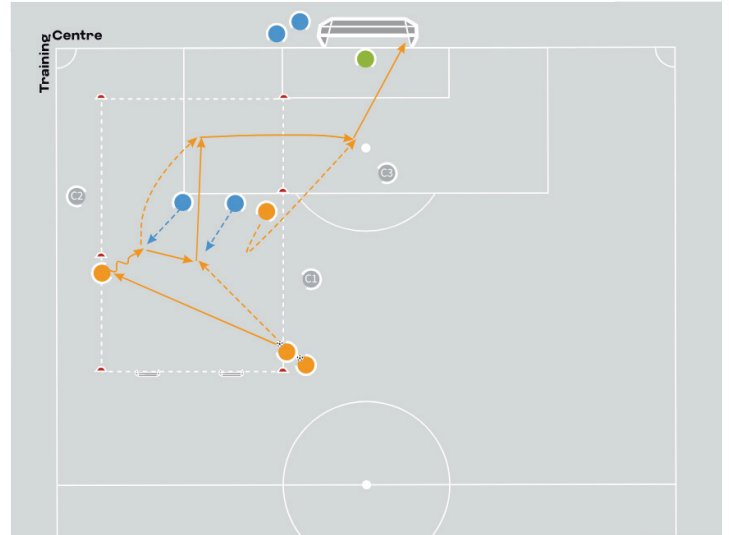
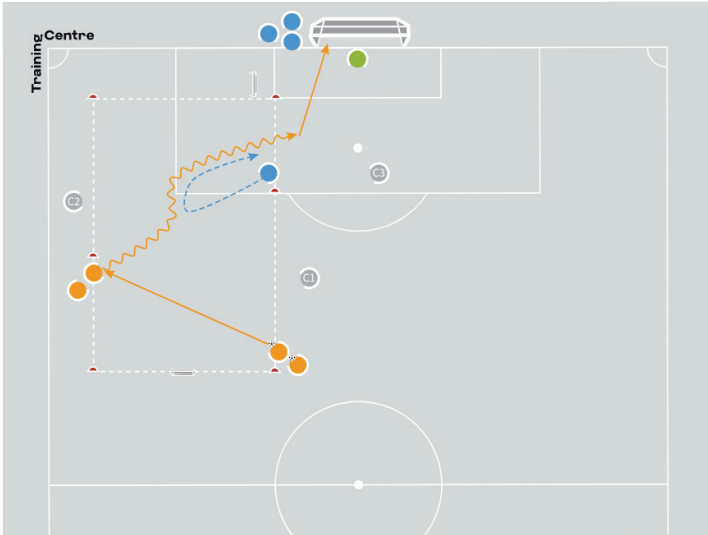


## FIFA Talent Coach Programme

### Attack v. defence: Outplaying defenders in wide channels



#### Organisation

- Set up a half-size pitch with a full-size goal at one end and position a goalkeeper in the goal.
- Mark out a 20m x 45m channel that runs from 1 of the corners of the goal area towards the halfway line.
- Position a mini-goal a short distance from the same corner of the goal area in the direction of and facing the nearest touchline.
- Place a mini-goal at the midpoint of the line that marks the end of the channel closest to the halfway line and facing towards the penalty area.
- Place a cone close to the point where the penalty arc intersects with the penalty area (defenders' station).
- Split the group into 2 teams of 4 (attack v. defence).
- Place 2 attacking players (oranges) at the cone that marks the end of the channel closest to the halfway line and that is parallel to the defenders' station (passers' station).
- Position the other 2 attacking players facing towards the full-size goal and approximately a third of the way along the side of the channel closest to the touchline (attackers' station).
- Place 1 defender at the defenders' station, with the remaining 3 defenders positioned beside the full-size goal.

#### Explanation

- The exercise begins with the first player at the passers' station dribbling the ball a short distance towards the attackers' station before playing a pass to the first attacker, who pulls away from their station to receive the pass.
- The attacker, who is closed down by the defender positioned at the defenders' station as soon as the passer plays the ball into the attacker, tries to take on the defender and finish in the full-size goal.
- If the attacker is forced wide, they must try to pass the ball into the mini-goal positioned a short distance from the edge of the goal area.
- The defender's objective is to defend the full-size goal and to force the attacker wide.
- If the defender wins the ball, they try to score in the mini-goal positioned at the end of the channel closest to the halfway line.

#### Variation

- The exercise progress into a 3v2. For this variation, a second mini-goal is placed on the line that marks the end of the channel.

## **Key coaching points**

- Attackers should identify opportunities to drive the ball inside and towards goal if the defensive pressure allows space to exploit on the inside.
- Effective use of directional control can help the attackers manipulate the defender's positioning and create spaces to attack. For instance, controlling the ball towards the sideline may entice the defender to shift across and over commit to one side, opening space to exploit on the inside.
- Defenders, on the other hand, should look to orientate their movements to force the wide attacker towards the sideline, blocking their direct path to goal and limiting their attacking options.
- Once progressing to the 3v2, attackers should coordinate their movements to unbalance the defence.
- During the 3v2, the offside rule should be enforced to ensure that the attackers remain alert and time their runs properly.

## **Roles of coaches**

- First coach: leads the session and takes up various positions around the exercise area, encouraging both sets of players throughout.
- Second coach: offers the attacking players encouragement from their position along one side of the channel.
- Third coach: takes up a position beside the defenders and offers them pointers on adopting the right body shape when defending in a one-one-one scenario..