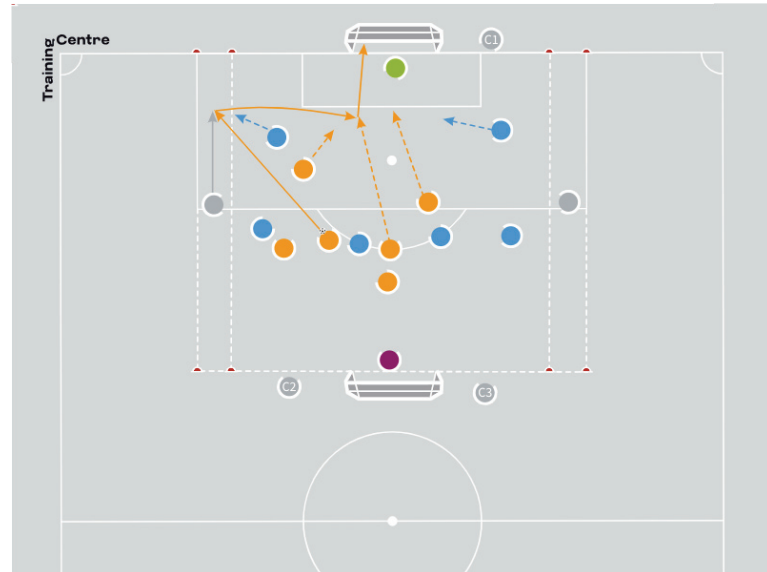
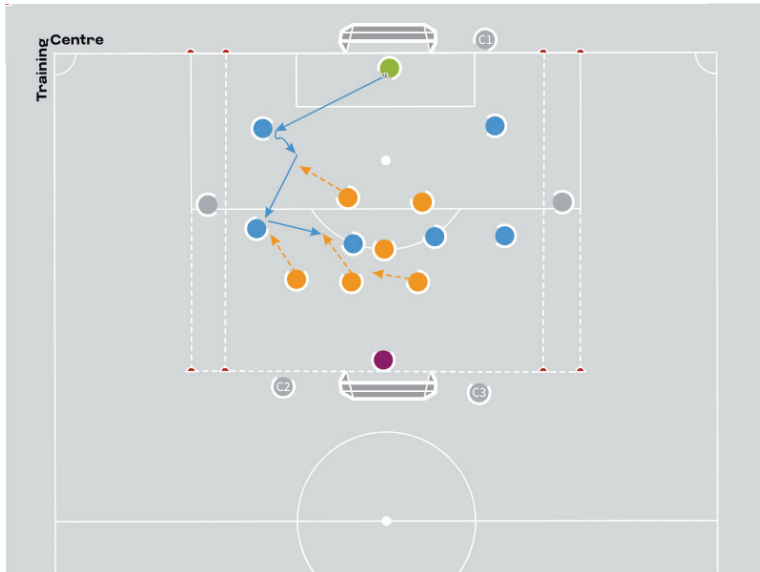


FIFA Talent Coach Programme

6v6 plus 2 team game: Transitioning through the wings



Organisation

- Use one half of a full-size pitch and position a full-size goal at either end of the exercise area
- Cone off the exercise area to a width of 18m.
- Mark out a 18x18m area in the centre of the exercise area with a halfway line running through the middle.
- Split the group into 2 teams of 6 (blues and oranges) and 1 team of 4 (greens).
- Ask the blues to remain close to the edges of the central area at all times.
- Position the oranges up inside the exercise area.
- Ask the 4 green players to act as neutral players; position 2 inside the central area and 1 at either end of the central area.

Explanation

- The exercise begins with the blues in possession.
- The blues aim to retain possession within the central area with the support of the greens.
- The oranges try to win the ball.
- If the oranges gain possession, they must transition quickly into attack and, with the support of the greens, try to score in the opposite goal to the half in which they won the ball.

Key coaching points

- After regaining possession, teams should look to exploit wide areas and find neutral players as quickly as possible to take advantage of an unbalanced opposition.
- Teams should also make use of switches of play if the defending team has shifted across to one side, opening space is available to exploit on the other side.

Roles of the coach

- First coach: leads the session and explains the exercise.
- Second coach: observes and occasionally offers encouragement from their position on one side of the exercise area.
- Third coach: encourages players and offers them advice from their position on the opposite side of the exercise area to the second coach.