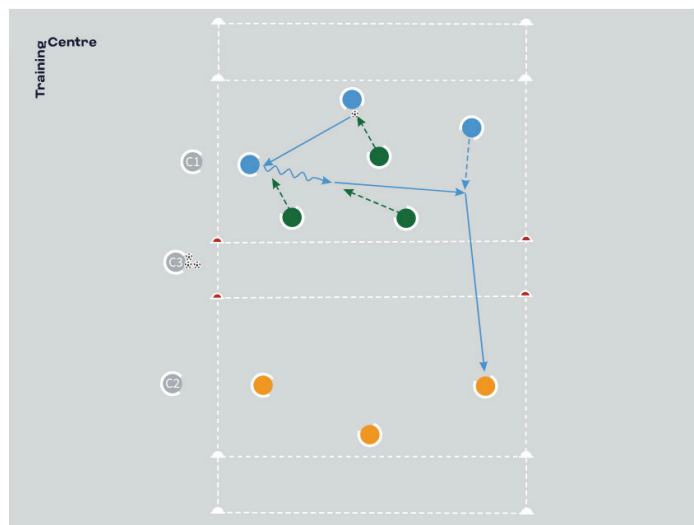
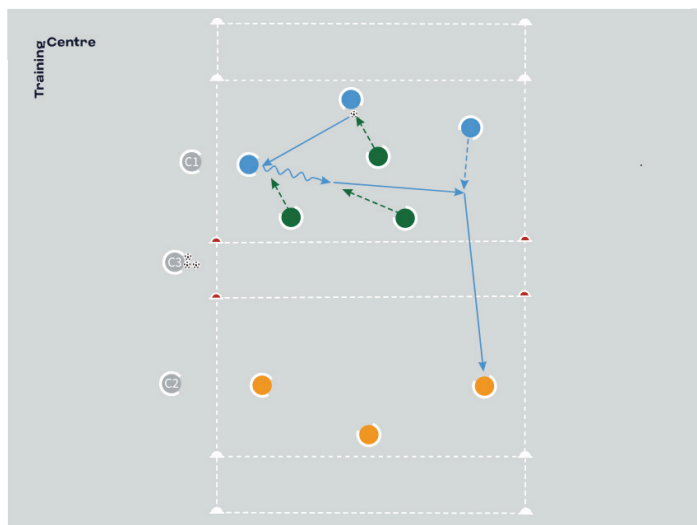
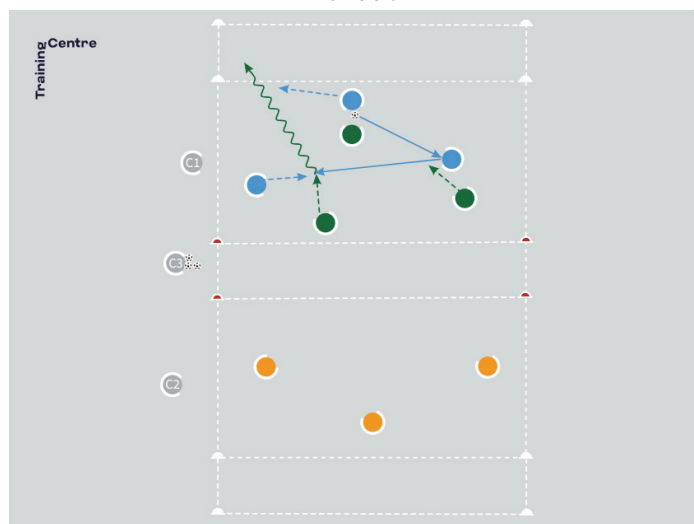


FIFA Talent Coach Programme

3v3 plus 3 possession game: Pressing and switching play



Variation 1



Variation 2

Organisation

- Mark out a 45m x 15m exercise area and split it into 5 zones lengthways: two 5-metre end zones, two 15-metre main zones and a 5-metre central interception zone.
- Split the players into 3 teams of 3 (oranges, blues and greens).
- Place the orange team in 1 of the main zones and the blue team in the other.
- Set the green team up in the central interception zone.

Explanation

- The exercise starts with a coach feeding a ball into the oranges or blues.
- One green player must stay in the central interception zone at all times, while the other 2 green-team players leave the central zone and press the in-possession team inside their zone.
- The in-possession team's objective is to transfer the ball to the team occupying the other main zone by playing it through the central interception zone. They must complete 2 passes in their zone before being able to transfer the ball into the opposite zone.
- If the greens win the ball, they play it into the opposite main zone, and the team that just lost possession become the defending team.

Variation 1

- All 3 defending-team players can press the in-possession team in their zone.

Variation 2

- Once the defending team have won the ball, they try to dribble it into, or link up to receive the ball in, the nearest end zone.

Key coaching points

- It is important for the three defenders (greens) to stay compact and connected. The player closest to the ball should press, while the second and third players provide cover and block passing lanes into the other zone.
- When pressing together in the same zone (exercise variation), the three defenders should avoid being positioned on the same line which allows the attacking team to eliminate all three with one pass.

- By staggering their positions and creating multiple lines of cover, the defenders can block passing lanes at different depths and make it more difficult for the attacking team to progress the ball.

Roles of the coach

- First coach: explains the rules and objectives of the exercise.
- Second coach: encourages the players and provides them with tips from their position along one of the two longer sides of the exercise area.
- Third coach: feeds balls into the players from their position on the same side of the exercise area as the second coach.