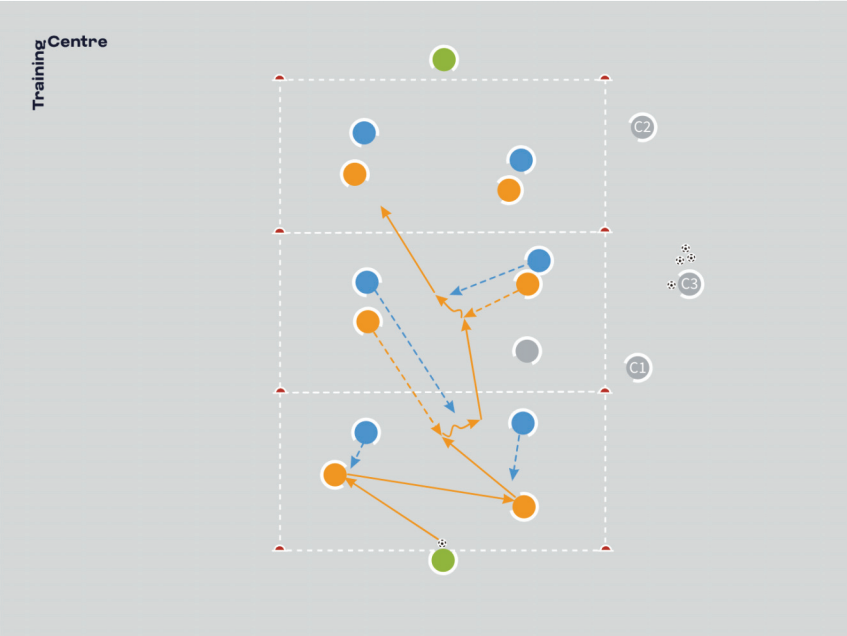
FIFA Talent Coach Programme
6v6 plus 3 possession game: Progressing play in tight spaces



Organisation
- Mark out a 20m x 10m playing area and split it into three equally sized zones.
- Divide the players into 2 teams of 6 (oranges and blues) and assign 1 neutral player.
- Position a goalkeeper at either end of the playing area.
- Place 2 orange and 2 blue players in each zone.

Explanation
- The in-possession team try to keep possession and progress the ball from one goalkeeper to the other with the support of the neutral player, who has the freedom to roam between the zones.
- The defending team try to win the ball.
- If the defending team gain possession, the teams swap roles immediately.
- One member of the in-possession team is able to move into a neighbouring zone in which their team have the ball to create a numerical advantage, and they can be joined in the zone by a defender.

Variation
- Expand the exercise area to 25m x 15m to enable players to put what they learnt into practice and make the game more fluid.

Key coaching points
- Attackers in the farthest zone from the ball should position themselves in space away from the defender.
- Defenders in the end zones should constantly monitor the opponent in case of a switch of play.

Roles of the coach
- First coach: leads the exercise from his position along the side of the central zone, encouraging players to perform it at high intensity. He also feeds balls into the playing area.
- Second coach: coaches the defenders and attackers from their position along the side of one of the end zones.
- Third coach: coaches from the side opposite the second coach.