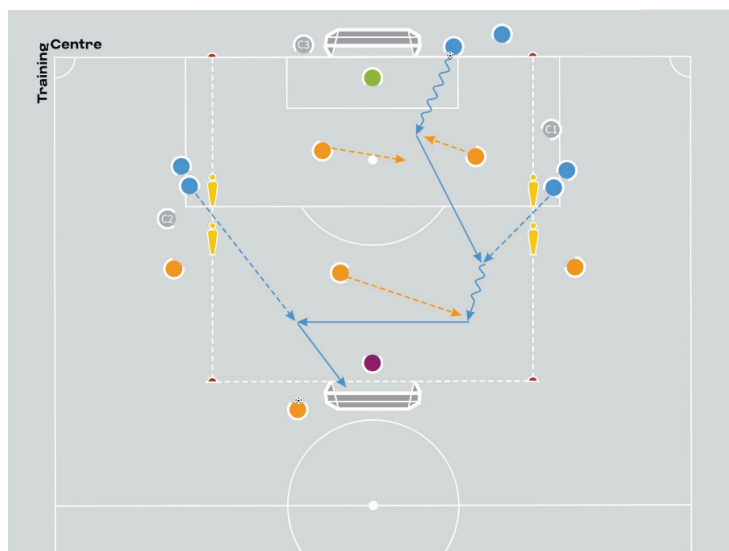
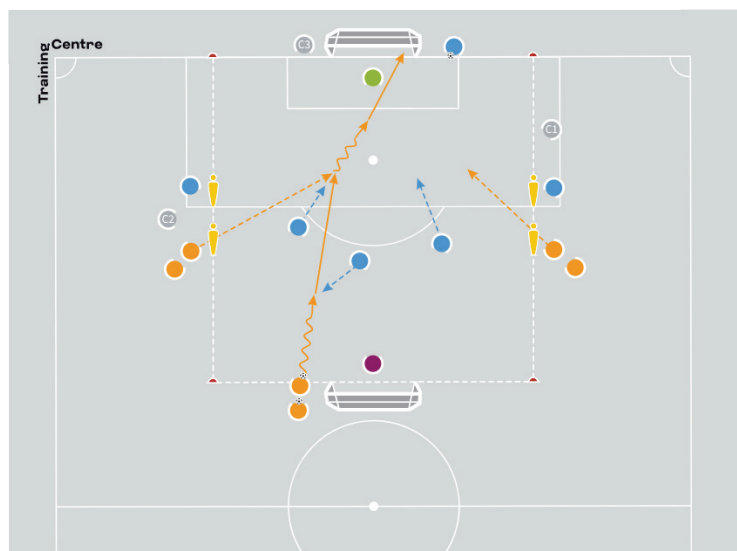


FIFA Talent Coach Programme

3v3 attack v. defence game: Speed and directness



Organisation

- Mark out a 45m x 30m playing area. Place a full-size goal at either end of the playing area. Position a goalkeeper in each goal.
- Place 2 mannequins 5m apart on either side of the playing area, as displayed in the graphic above.
- Split the players into 2 teams of 6 (oranges v. blues).
- Position 2 orange players beside the goal (on the goal line) and give them a ball each.
- Place 1 orange player at each of the 2 mannequins closest to the end of the playing area where the orange player is positioned beside the goal.
- Mirror the set-up in the opposite half of the playing area with the blue-team players.

Explanation

- The exercise starts with the orange player beside the goal dribbling the ball into the playing area.
- Once the orange player has entered the playing area, their team-mates at both mannequins make a darting diagonal run behind the blue team's defensive line.
- The ball carrier plays a through-ball to either of their 2 team-mates, and the 3 orange players take on the 3 blue defenders in an attempt to finish on goal.
- Once the oranges score a goal, the goalkeeper defending the blues' goal gains possession or the ball goes out of play, the sequence is immediately repeated with a blue-team player entering the playing area along with a team-mate from both mannequins to set up a 3v3 scenario.
- The orange team now defend, and the blues become the attacking team.
- Each set of 3 players performs an attacking sequence immediately followed by a defensive sequence before they rotate with another set of 3 players.
- The mannequins represent the offside line.

Key coaching points

- As play transitions from defence to attack, players in possession should look to play vertically as early as possible to exploit the unbalanced defence and open spaces.
- The two attackers making forward runs, simulating wingers, should use the mannequins, which act as a reference for the offside line, to help time their runs in behind. In a game, this reference point would be the last defender or the assistant referee on the touchline.
- Correctly timed runs are crucial to arrive onto the ball at speed, maximising positional advantage over defenders and avoiding the need to slow down while waiting for the pass. Using curved runs can also help attackers time their movement while remaining onside.
- To make the attacking transition more difficult, stress the importance of one

defender holding a 'surveillance' role, positioned to intercept vertical passes played in behind towards the wide players.

Roles of the coach

- First coach: leads the session and coaches the players on the positions that they should occupy and the runs that they should make.
- Second coach: encourages the players from their position on the opposite side of the playing area to the first coach.
- Third coach: encourages the players from their position beside one of the goals.