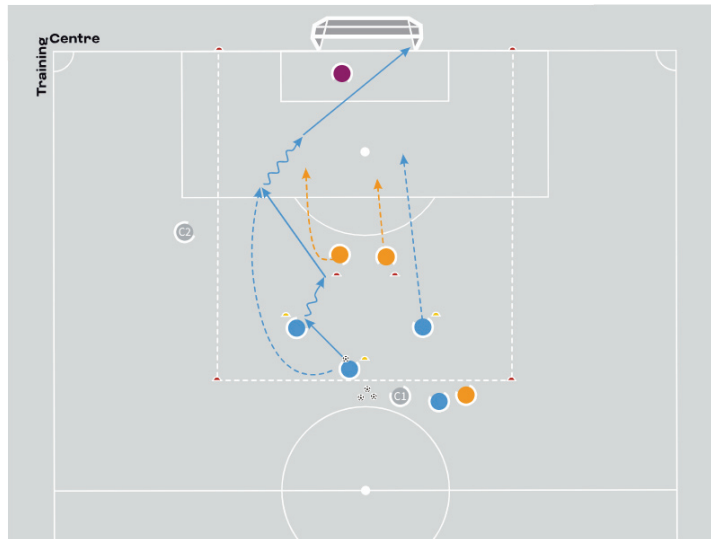


FIFA Talent Coach Programme

3v2 attack vs defence: Exploiting the overload



Organisation

- Set up the playing area like in the graphic above
- Position a full-size goal at one end of the exercise area.
- Place a goalkeeper in the goal.
- Place 2 red cones centrally, 10m from the penalty area.
- Place 3 yellow cones in a horseshoe shape 5m from the red cones.
- Position 1 orange player at each red cone, and 1 blue player at each yellow cone.
- Place 1 orange player and 1 blue player outside the exercise area.

Explanation

- The exercise starts with the central blue player in possession. They pass the ball to a team-mate positioned at a yellow cone.
- Once they have played the pass, the central blue player runs in front of or behind the defender who closes down the recipient of their pass.
- The blues look to create 2v1 and 1v0 scenarios and try to score.
- The objective for the oranges is to defend the goal.
- The offside rule applies.
- After repeating the sequence 3 times, 1 blue player swaps roles with the team-mate waiting on the outside of the exercise area.
- After repeating the sequence twice, 1 orange player swaps roles with the team-mate waiting on the outside of the exercise area.

Key coaching points

- The player who begins the sequence can either make a run in front of or behind the defender who closes down the recipient of their pass.
- Following a transition that occurs at a distance from goal and when the ball is in a wide area, players should look to unbalance the defence by making a parallel run.
- Parallel runs causes the opposition to cover one side of the exercise area and, as a result, it opens up space to exploit on their weak side.

Roles of coaches

- First coach: leads the session and emphasises the importance of the players' off-the-ball movement.
- Second coach: observes the action and offers support and encouragement.