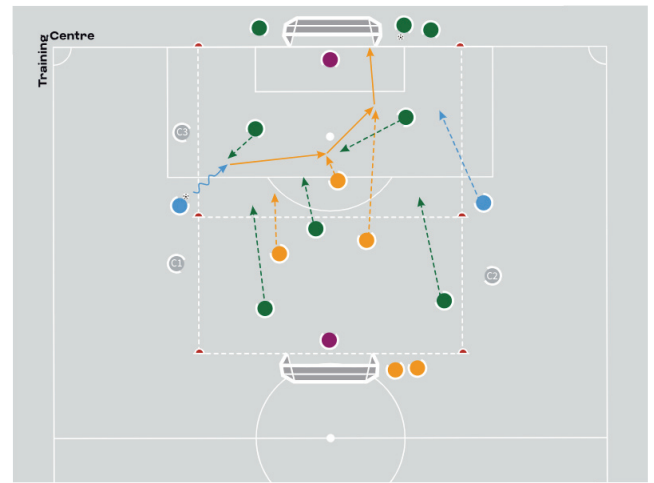
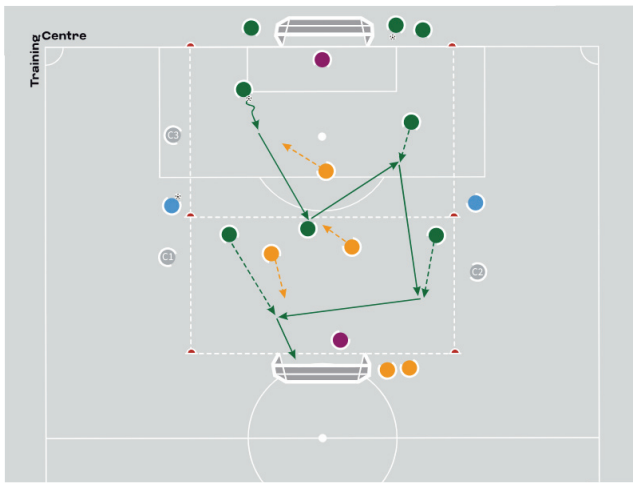


FIFA Talent Coach Programme

— Attack vs defence: From 5v3 to 5v5



Organisation

- Mark out a 40x25m exercise area.
- Mark out a halfway line.
- Position a full-size goal at each end of the exercise area.
- Place a goalkeeper in each goal.
- Split the group into 3 teams: 5 greens, 3 oranges and 2 blues.
- Set up a 5v3 scenario between the greens and oranges inside the exercise area, with a blue outside player waiting on either side of the exercise area.

Explanation

- The exercise starts with the greens in possession. Their aim is to exploit their 5v3 numerical advantage and score in the goal at the opposite end of the exercise area.
- The oranges aim to defend their goal.
- As soon as an attack is over (i.e. a goal is scored or following an attempt on goal), the 2 blue players enter the exercise area, and the second coach quickly plays a ball into an orange player.
- The 2 blue players join the 3 orange players to create a 5v5 involving a 5v2 or 5v3 scenario and seek to take advantage of the imbalance in the greens' defensive structure.

Key coaching points

- When looking to attack the space in behind and the ball is out wide, an orange attacker should make a parallel run, offering to receive in behind the defending team's defensive line.

Roles of coaches

- First coach: leads the session and instructs the players during the transitions. Coaches the attacking team during a brief break.
- Second coach: coaches the team with a numerical disadvantage.
- Third coach: serves balls into the oranges and offers encouragement and instructions to both sets of players.