

FIFA Talent Coach Programme

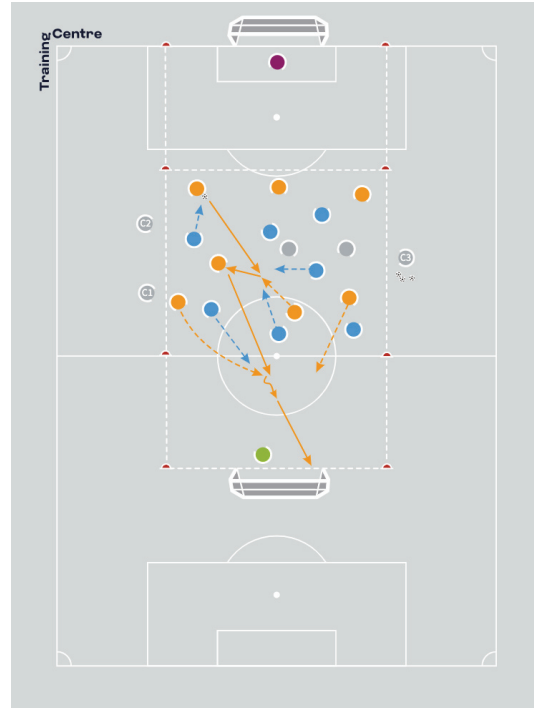
7v7 plus 2 team game: Breaking the defensive line

Organisation

- Mark out a 75x25m exercise area. Position a full-size goal at each end of the exercise area. Place a goalkeeper in each goal.
- Mark out a 40x25m area in the centre of the exercise area.
- Set up a 7v7 plus 2 neutral players – who play for the in-possession team – inside the central area.

Explanation

- The exercise starts with either goalkeeper in possession.
- The in-possession team aim to keep the ball within the central area until they have the opportunity to play an in-behind pass to an attacker breaking from the central area into the end zone, i.e. the area beyond the central area.
- The out-of-possession team press and try to regain possession.
- If the out-of-possession team win the ball back, they become the attacking team and can launch a counter-attack.
- Once the attacker receives the ball in the end zone, they try to score.
- The attacker can be joined in the end zone by team-mates and opposition defenders.
- Each time an attacking move ends (i.e. when a goal is scored or the ball goes out of play), play restarts with the coach playing a ball to either goalkeeper.
- The offside rule applies.



Variations

- If the ball carrier wants to play backwards, they are limited to one touch.
- If they play the ball backwards with more than one touch, possession turns over to the opposing team

Key coaching points

- Attacking players should look to identify when a team-mate receives the ball on the back foot and can turn to play forwards as a trigger to make a diagonal in-behind run to meet a vertical pass.
- Ball carriers should look to combine with attacking team-mates to attack the space in behind by playing diagonal in-behind passes that meet their vertical runs.

Roles of coaches

- First coach: leads the session by explaining the rules, instructions and key actions involved in the exercise.
- Second coach: intervenes frequently, providing a series of scenarios for the players to think about when in possession and instructs players on how to play forwards quickly.
- Third coach: occupying a position on the opposite side of the exercise area to the other two coaches, they focus on ensuring that the out-of-possession team maintain the intensity of the press.