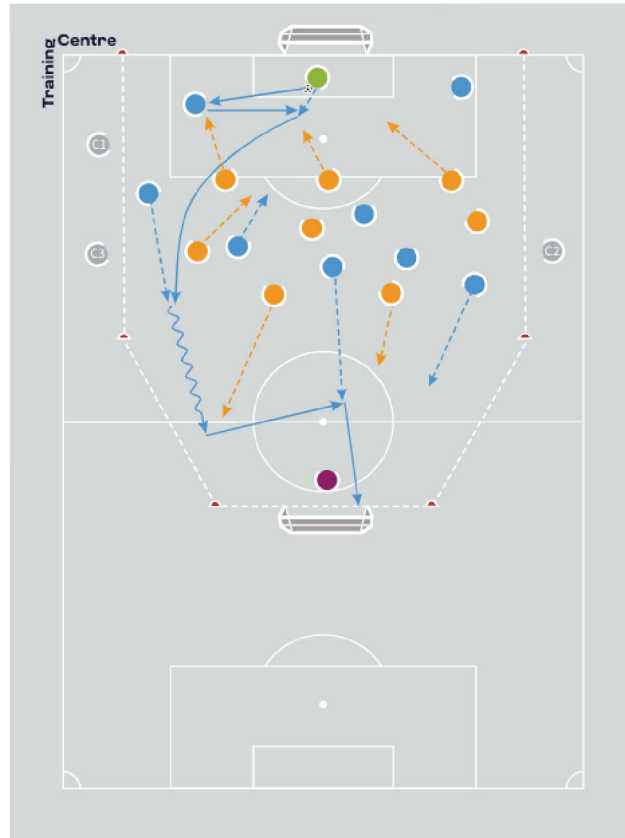


FIFA Talent Coach Programme

8v8 team game: Building-up through middle areas



Organisation

- Mark out a 60m x 40m exercise area.
- Place a full-size goal at either end and a goalkeeper in each goal.
- Make one end of the exercise area narrower, as displayed in the image above.
- Set up an 8v8 scenario (blues v. oranges).

Explanation

- The blues attack towards the narrower end of the exercise area.
- The blues attempt to build up play and overcome the high press from the oranges.
- If the oranges win possession, play continues and the blue team have press until regaining possession or the ball goes out of play.
- Play restarts from the blue goalkeeper to create more repetition of focus.

Key coaching points

- Players should take advantage of opportunities to break lines and progress play through central areas by finding players positioned in-between lines
- When positioned in-between lines, receiving with an open body shape and on the back foot will facilitate progressing play forward
- When playing out against a high press, players should identify opportunities to exploit the space vacated by an opponent jumping out to press.

Roles of coaches

- First coach: encourages and coaches the blues to build from the back.
- Second coach: coaches and encourages the oranges to press high.
- Third coach: supports the second coach and encourages the team out of possession to apply pressure.