

FCRF Talent Development

Support and off-the-ball movements

Session overview

Part 1: Diamond passing circuit

Part 2: 6v4 possession game

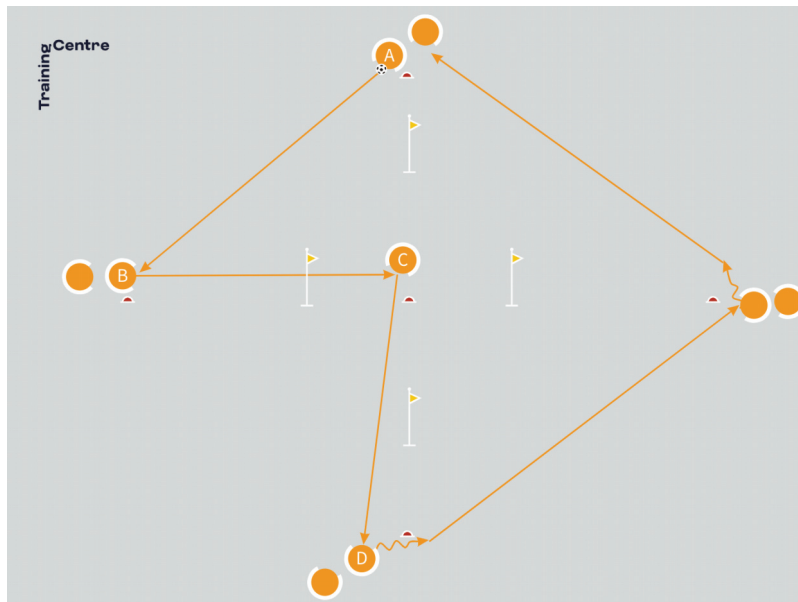
Part 3: 6v6 plus 6 possession game

Part 4: 11v9 team game

Key coaching points

- Players should form a diamond shape around the ball carrier to create multiple passing angles.
- Adopting an open body shape before receiving the ball allows players to offer multiple passing options and to move in the direction in which they wish to travel.
- Firm and incisive passes are required to play through the press effectively.
- After playing a pass, players should always look to move into space or open up passing angles.

PART 1: PASSING AND FINISHING ACTIVATION CIRCUITS



This passing circuit works on player-scale aspects and seeks for players to become familiar with passing in a diamond shape. The exercise activates the players' passing and movement actions in an unopposed scenario before opposed exercises are introduced later in the session.

Organisation

- Arrange 4 poles in a diamond shape, with 15m between each pole.
- Place a cone 2m behind and in line with the poles at the head and base of the diamond.
- Place a cone 5m behind and in line with the poles on each side of the diamond.
- Place a cone at the midpoint of the diamond.
- Position 2 or 3 players at each of the cones outside of the diamond.
- Position one player at the cone at the midpoint of the diamond.

Explanation

- A passes to B, who takes a touch before passing to C.
- C takes a touch before passing the ball out to D.
- D continues the circuit by passing to the player at the next cone in an anticlockwise direction.
- When the ball comes around to B again, they pass the ball into C.
- Players are allowed two touches: one to control the ball and one to play the pass.
- Players rotate positions by following their pass.

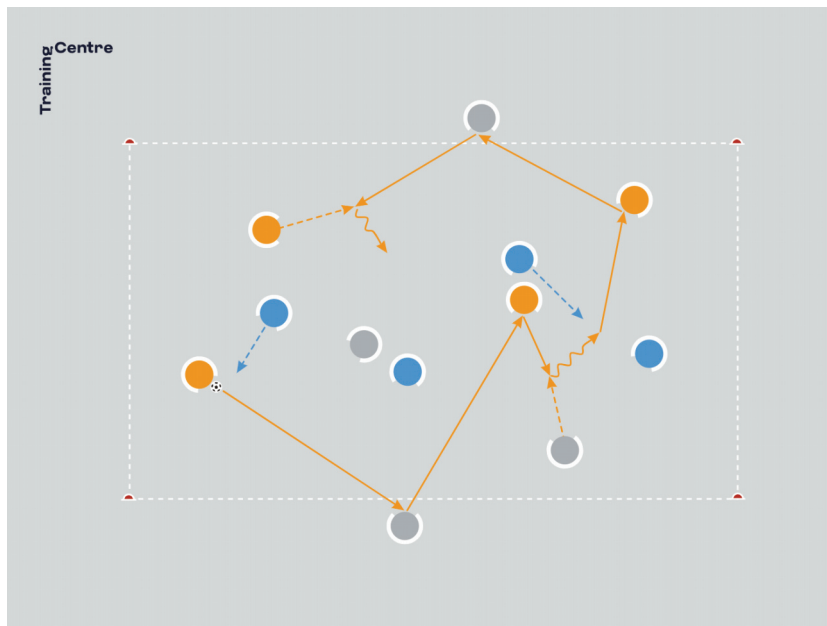
Variation

- The circuit is performed in a clockwise direction. When the ball reaches D, they play a pass into C, who plays a pass out to A.

Coaching points

- Players should perform the circuit at high intensity, making short, sharp movements.
- Players should pull a few metres wide of the cone before receiving the ball.
- Taking a firm first touch in the direction that the pass is going to be played helps to maintain the fluidity of the circuit.
- Before receiving the ball, players should open their body up towards the direction in which they intend to play to ensure that they are able to complete the action in 2 touches.
- Players should play firm passes to keep the tempo of the circuit high..

PART 2: 4V4 PLUS 4 POSSESSION GAME



This possession game focuses on the unit-level aspects of building and progressing play using a diamond structure. Players should look to create multiple passing angles and open the pitch up by setting up in a diamond, which gives the ball carrier options to play through the opposition.

Organisation

- Mark out a 10m x 20m exercise area.
- Split the players into 3 groups of 4 (blues, oranges and greys).
- Set up a 4v4 (blues v. oranges) inside the exercise area.
- Arrange the 4 grey players, who act as neutrals, as follows: 2 players inside the exercise area and 2 players on opposite sides of the exercise area.

Explanation

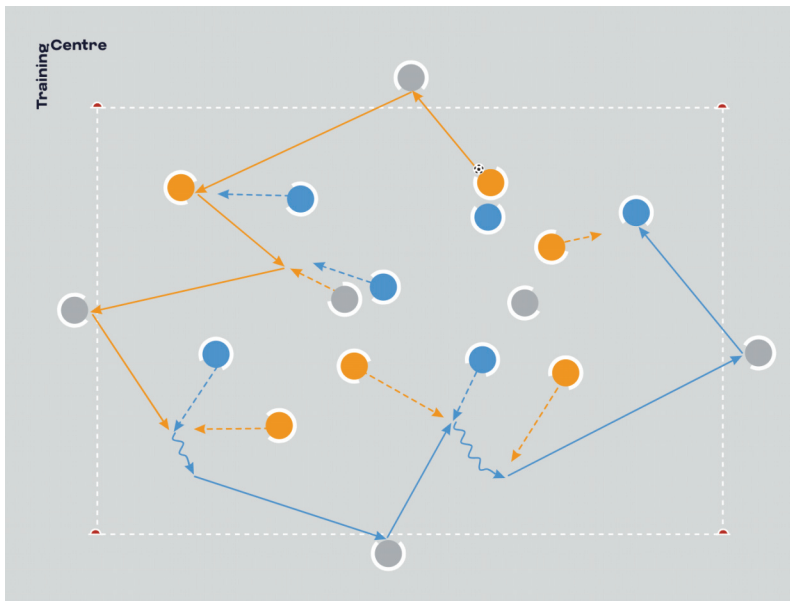
- The in-possession team try to keep the ball and progress through the opposition with the support of the 4 neutral players.
- The out-of-possession team try to win the ball.
- The out-of-possession team cannot press the neutral players on the outside of the exercise area.
- If the out-of-possession team gain possession, the teams swap roles immediately.

Coaching points

- Given that the in-possession team comprises 8 players, they should be able to create multiple diamond shapes to retain possession.
- Players should create passing angles by occupying the spaces between opposition players and offering to receive.
- Players positioned further away from the ball should look to occupy a space that offers the next ball carrier a passing option.
- Adopting an open, side-on body shape ensures that players are ready to receive the

- ball at all times and to play out of pressure.
- Playing a disguised pass between 2 pressing players can eliminate them and give the receiving player more time on the ball.

PART 3: 6V6 PLUS 6 POSSESSION GAME



This possession game works on a team scale and involves players progressing the ball through pressure by forming diamond structures around the ball. The game simulates phases of play in which a team are tasked with breaking a pressing line to launch an attack or to create a goalscoring opportunity.

Organisation

- Mark out a 25m x 15m exercise area.
- Divide the exercise area into quarters.
- Split the players into 3 groups of 6 (blues, oranges and greys).
- Set up a 6v6 inside the exercise area (blues v. oranges).
- Arrange the 6 grey players, who act as neutrals, as follows: 2 players inside the exercise area and 1 player on each of its 4 sides.

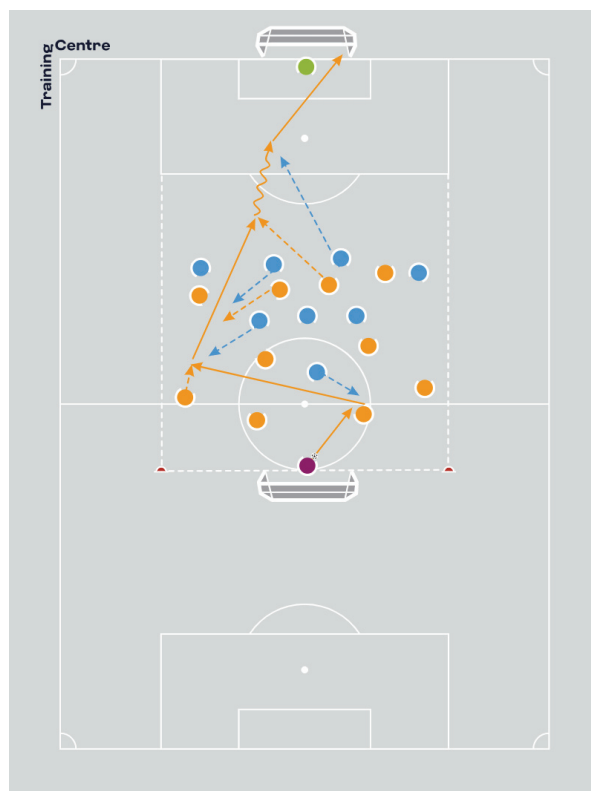
Explanation

- The in-possession team look to build play and progress the ball.
- The neutral players support the in-possession team.
- The out-of-possession team try to win the ball.
- If the out-of-possession team gain possession, the teams swap roles immediately.

Coaching points

- Players should adopt an open, side-on body shape at all times to allow them to evade pressure or to play into space.
- If one of the 4 zones is congested, the ball carrier should switch play so that the pressing team disperse, and gaps are created to play through.
- If under heavy pressure and it is not possible to pass through the press, players should play a long pass to open up spaces.
- Firm and incisive passes, along with intelligent off-the-ball movement, make it easier to play through pressure.
- Players on the in-possession team should form diamond shapes around the ball carrier.

PART 4: 11V9 TEAM GAME



This team game focuses on the team scale and works on creating goalscoring chances using quick interchanges in a specific team structure.

Organisation

- Mark out a 60m x 50m exercise area.
- Place a full-size goal at either end of the exercise area.
- Position a goalkeeper in each goal.
- Split the players into 2 teams: 10 on the orange team and 8 on the blue team.

Explanation

- Play starts and restarts with the goalkeeper of the team with the numerical advantage.
- The in-possession team try to build up play and score.
- The out-of-possession team try to win the ball by staying compact and closing off passing lanes.
- The in-possession team must use the full width of the exercise area.

Variation

- A 11v11 is contested in a larger exercise area.
- Play starts and restarts from the goalkeeper at either end of the exercise area

Coaching points

- Players should create passing angles by forming diamond structures around the ball carrier.
- If areas become congested, players should look to switch play quickly to the wide players.
- When playing through central areas, players should ensure that there is support both behind and beyond the receiving player.
- Incisive firm passes played between defenders can break the opposition's defensive structure.