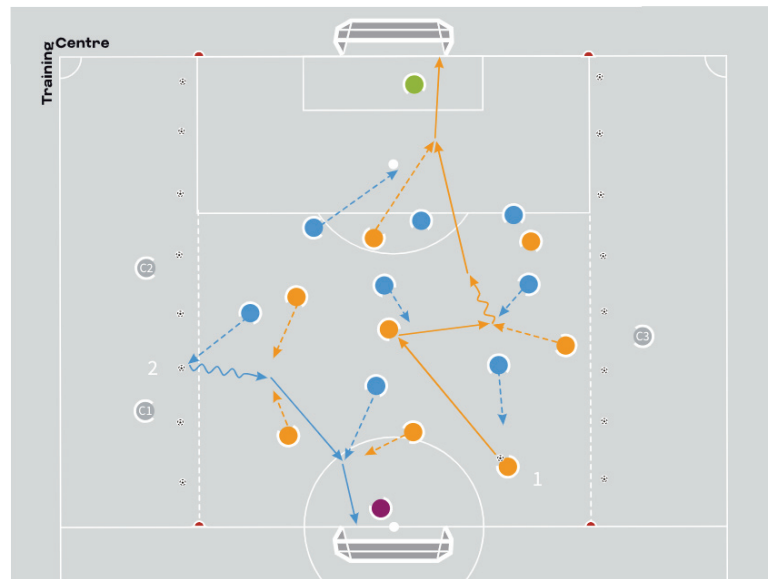


FIFA Talent Coach Programme

8v8 team game: Attacking unbalanced defences



Organisation

- Use 1 half of a full-size pitch and position a full-size goal at each end of the exercise area.
- Cone off the exercise area to the width of the penalty area.
- Place balls along the outside of each side of the exercise area.
- Set up an 8v8+GKs scenario inside the exercise area.

Explanation

- The exercise starts with the oranges in possession.
- The team in possession aims to build an attack and score in the opposite goal.
- The defending team objective is to win the ball back.
- The offside rule applies.
- If a team scores, puts the ball out of play or commits an offside offence, the other team restarts play with any of the balls positioned outside the exercise area and try to score.
- Teams should pick a ball that puts them in the most favourable attacking position.

Key coaching points

- In-possession team players should ensure that they create a good rest defence structure to prevent opposition counter-attacks and to help them to regain possession as quickly as possible following a turnover.

Roles of coaches

- First coach: leads the session and instructs the players throughout.
- Second coach: from their position on one side of the exercise area, encourages the out-of-possession team to press.
- Third coach: from their position on the opposite side of the pitch to the second coach, encourages the players to play at high intensity.