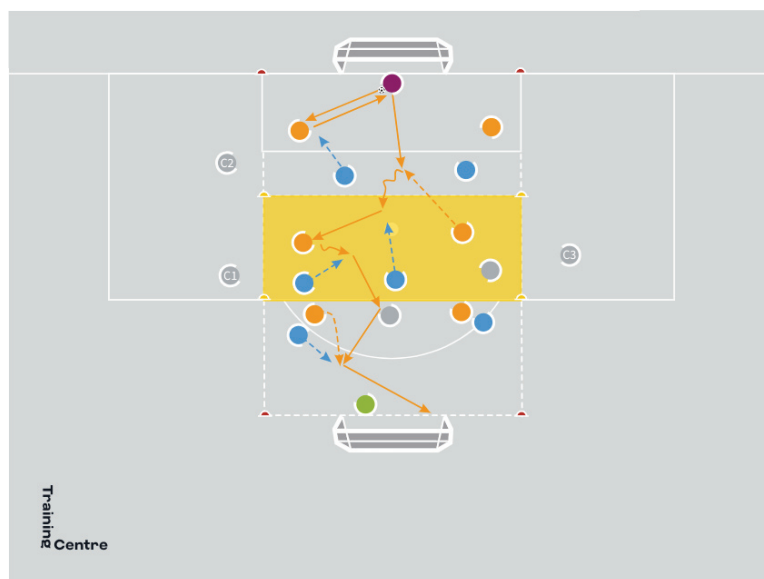


FIFA Talent Coach Programme

6v6 plus 2 small-sided game: Progressing to score



Organisation

- Mark out a 25x15m field and position a full-size goal at each end of the exercise area.
- Divide the exercise area into thirds.
- Set up a 7v7 including goalkeepers (plus 2 neutral players) inside the exercise area.
- Organise the players so that each team have 2 players in each third, while the 2 neutral players can roam freely.

Explanation

- The exercise starts with one of the 2 goalkeepers in possession.
- The goalkeeper plays the ball to a player in the build-up third, and they try to build up play through the thirds to score in the opposite goal.
- The 2 neutral players support the in-possession team, but they cannot be positioned in the same third at the same time.
- The out-of-possession team try to win the ball back and score.
- With the exception of the 2 neutral players, players must stay in their designated thirds.
- When their team are in possession in the build-up third, 1 player is allowed to drop from the middle third into the build-up third to create an overload.
- The offside rule applies, with the offside lines marked out by the end of the build-up zones at each end of the exercise area.
- Rotate the players so that they have the opportunity to perform different roles.

Key coaching points

- Whenever possible, the players in the build up zone should try to connect with players positioned in the highest line, thereby helping to create third-player lay-off scenarios.
- Players should avoid occupying the same passing line.

Roles of coaches

- First coach: explains the rules and objectives of the exercise whilst intervening from time to time.
- Second coach: encourages the players from their position on one side of the exercise area.
- Third coach: encourages the players from their position on the opposite side of the exercise area to the second coach.