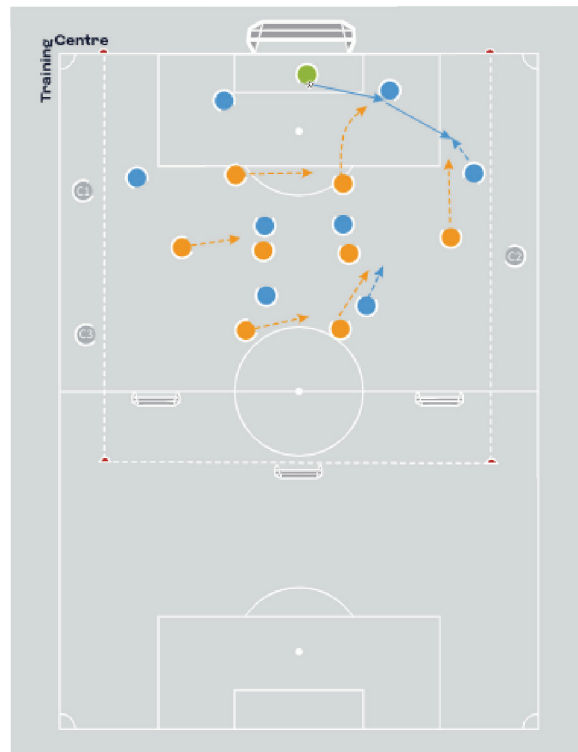


# FIFA Talent Coach Programme

## 8v8 attack v. defence: Pressing the goalkick



### Organisation

- More than a half full-size pitch is used, with a mini-goal placed on the furthest point of the centre circle and 2 mini-goals on the halfway line.
- Bring the touchlines in by 10m and mark them out with cones.
- Place a full-size goal at one end of the exercise area.
- Divide the group into 2 teams of 8 (oranges and blues).
- Set the blues up in a 4-2-2 formation and the oranges in a 2-4-2 system.

### Explanation

- The exercise starts with the blues' goalkeeper in possession.
- The blues' objective is to build up from the back and score in any of the 3 mini-goals.
- The oranges must press high to try to gain possession and score in the full-size goal.
- When the ball goes out of play or a goal is scored, play restarts with a goal kick for the blues.

### Key coaching points

- When the goalkeeper is in possession, the defending team should look to close off passing lanes into attacking players in central areas by remaining compact.
- With play forced down one side of the exercise area, the defending player on the opposite side must tuck in to keep the block compact and deny the opposition any space to exploit in central areas.
- As the ball travels wide to the centre-back, the attackers should look to close play down one side by cutting off the pass back to the goalkeeper whilst showing the centre-back towards the touchline.

### Roles of coaches

- First coach: instructs the players about how to press effectively throughout the exercise and delivers a team talk to the blues during the mid-exercise break.
- Second coach: prior to the exercise, uses the whiteboard to explain to the oranges how they should set up to press before reinforcing the pressing techniques during the mid-exercise break.
- Third coach: offers players on both teams encouragement from their position on one side of the exercise area.