

Midfield play Model Session 1

Progression 2:

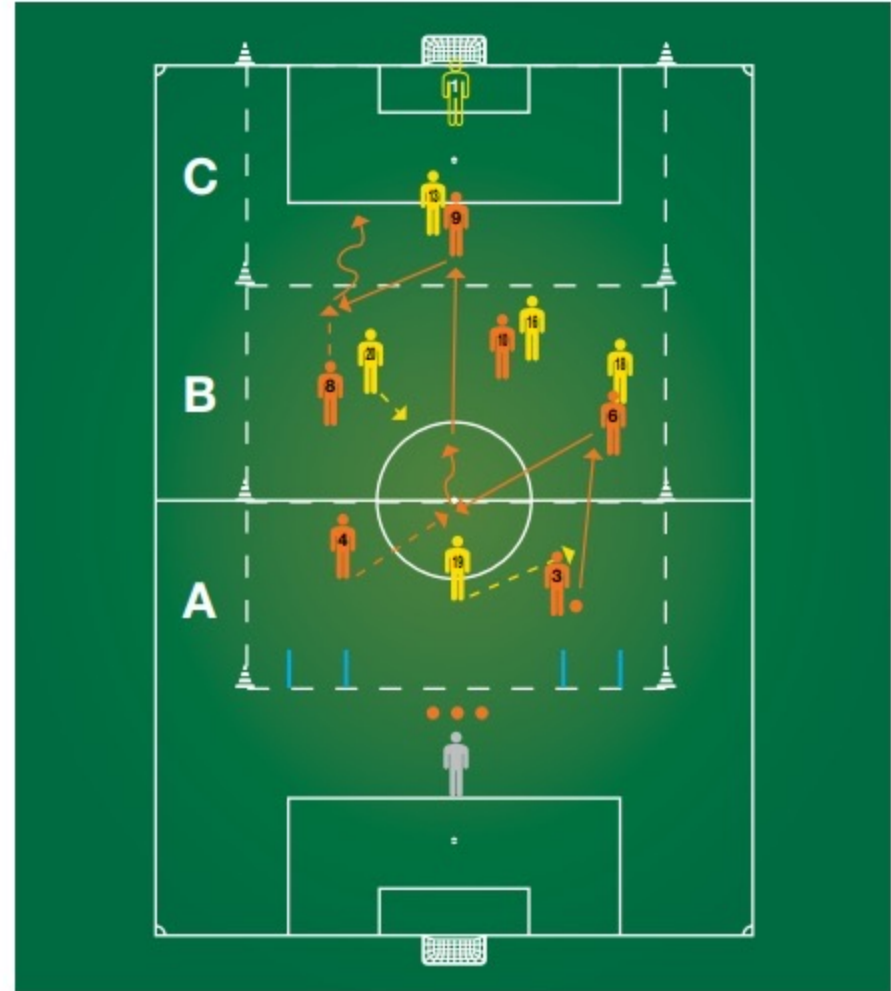
- Remove the gates from grid C
- Add a yellow defender (#13 yellow) in grid C against #9 orange.
- One player from grid B can now enter into grid C to create a 2 v 1 situation
- Finish on goal against a goalkeeper

Progression 3:

- Place the gates in grid A on back line
- Add #4 orange and #19 yellow in grid A (2 v 1)
- Every new action starts with the coach now serving the ball to orange #3 or #4 (see diagram)
- If yellow recaptures the ball in grid A or B, #19 can score through the gates

Progression 4:

- Narrow the grids (width of the box)



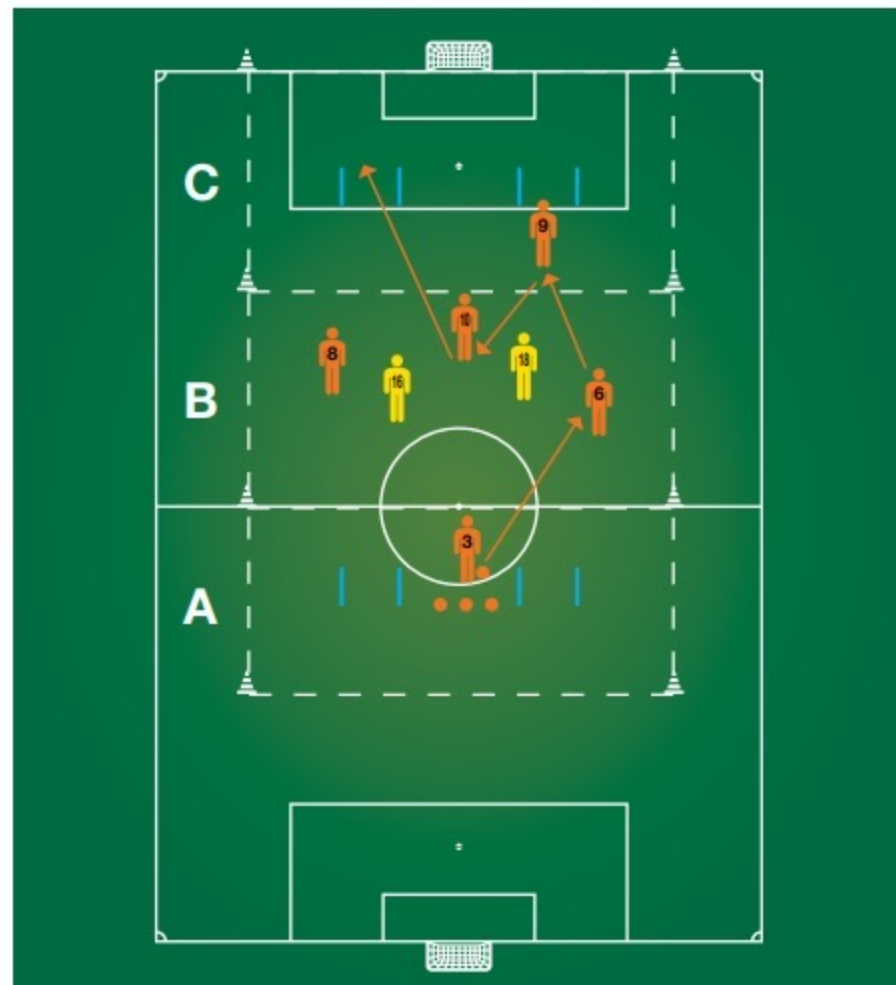
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3. Game training component:

- Starting situation: 3 grids (A;B;C) players must stay in their designated area
- Every attack starts with a pass from orange #3 in grid A to one of the midfielders
- Orange midfielders #6-8-10 play in grid B against 2 opponents (3 v 2) and can use orange #9 in grid C as a 'bouncer'
- When one of the midfield players is free on the ball facing forward, they try to pass through one of the gates in grid C
- When the yellow midfielders #16 or #18 win the ball, they try to pass through one of the gates in grid A

Progression 1:

- Add another yellow player in grid B (3 v 3)
- 3 v 3 in grid B. #3 orange is now allowed to dribble into grid B and create a numerical advantage (4 v 3)



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Variation 1 (see diagram B)

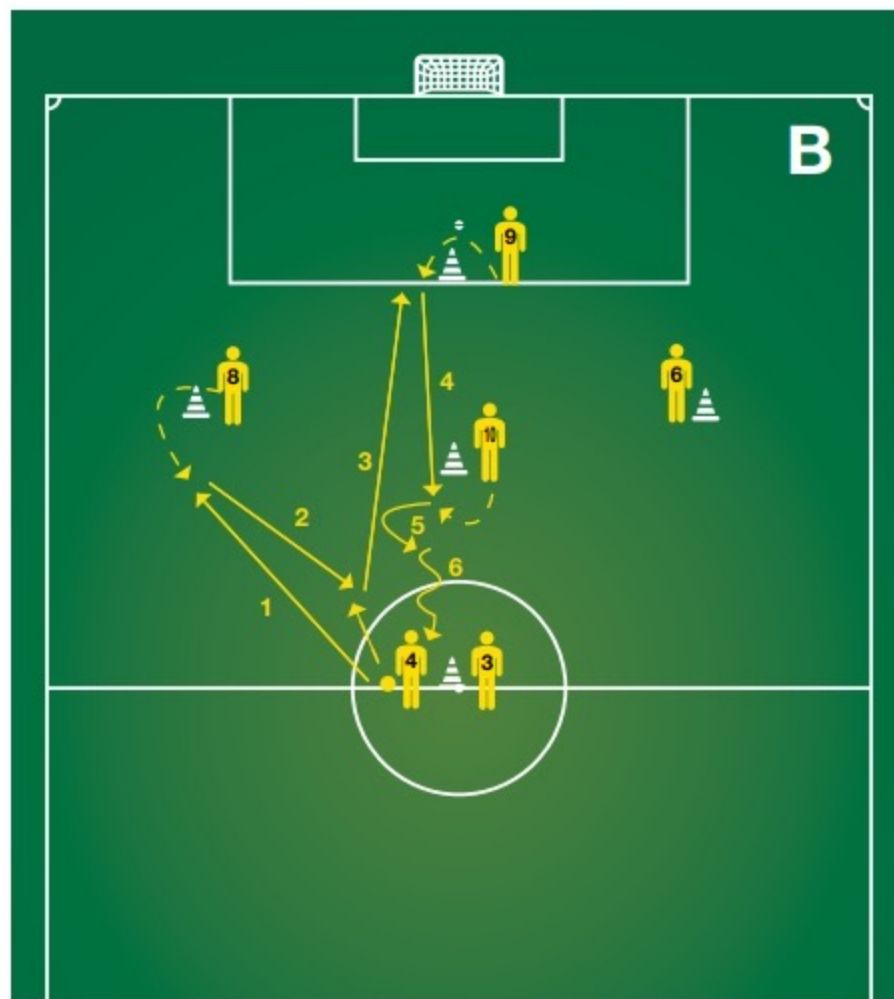
- #8 checks off and asks for the ball; #4 passes to #8 and coaches "man on" (1)
- #8 bounces the ball back to #4 (2)
- #4 passes to #9 (3) who bounces to the supporting #10 (4)
- #10 receives and turns (5) and dribbles to the starting position of #3 (6)
- Player rotations are as follows: #4 then goes to where #8 was, #8 goes to #9, #9 to #10, and #10 ends up at the beginning where the sequence was started

Variation 2

- Choice of two options for #6 and #8 **depending on whether number 3 and 4 say "turn" or "man on"**
- Early cue from #3 and #4 is now essential

Coaching points of attention:

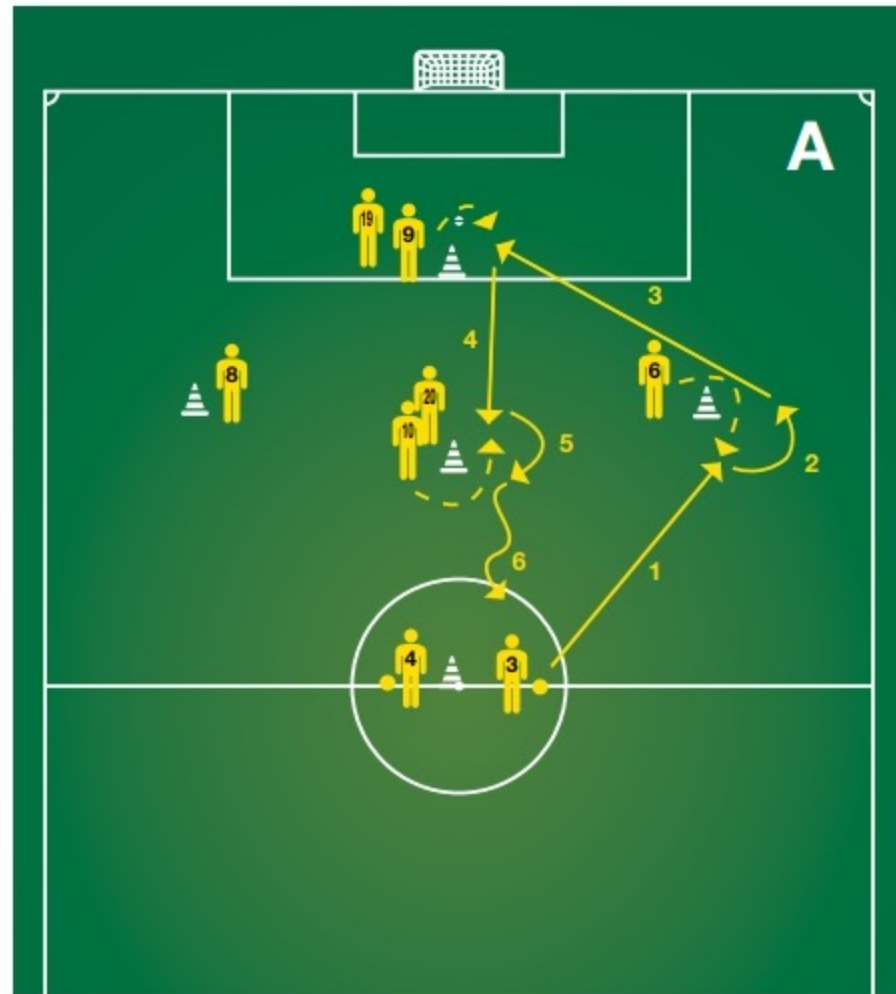
- Pass precision and pass direction (to proper foot; proper ball speed)
- Tuning of actions
- Anticipation & movement without ball
- Verbal and non-verbal communication



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1. Warm-up: passing exercise (see diagram A)

- Players in game positions as shown
- At least 2 players in positions #3/#4, #10 and #9
- #6 checks off and asks for the ball; #3 passes to #6 and coaches "turn" (1)
- #6 receives & turns (2) and passes to #9 (3)
- #9 bounces the ball to supporting #10 (4)
- #10 turns away (5) and dribbles to the starting position of #3 (6)
- All players move to the next position ("follow your ball")
- Now the same via the left side starting with #4 passing to #8



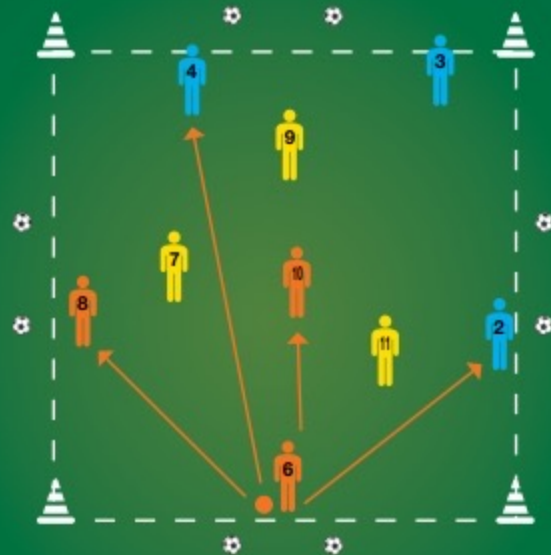
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2. Positioning game: 6 v 3

- Grid of approximately 30m x 30m (dependent on level of players)
- 3 groups of 3; one group consisting of the midfield players #6-8-10
- 6 players (orange and blue) keep possession against 3 defenders (yellow)
- Always one 'link' player in the centre (preferably a midfielder)
- Provide 4 options (left; right; central and far) for the player on the ball through proper positioning
- When the group of 6 loses possession, the whole team of the player that turned over the ball must now defend

Steps up or down:

- Make grid bigger/smaller
- Free/limited touches
- Stop-start change of defenders
- 'Flying' change of defenders



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4. Training game - 7 v 7 (6 v 6 with goalkeepers):

- Field long and narrow to emphasise midfield play through central axis
- Both teams in a 1 (GK)-2-3-1 formation
- Offside rule applies
- Coaching 'on the run'

