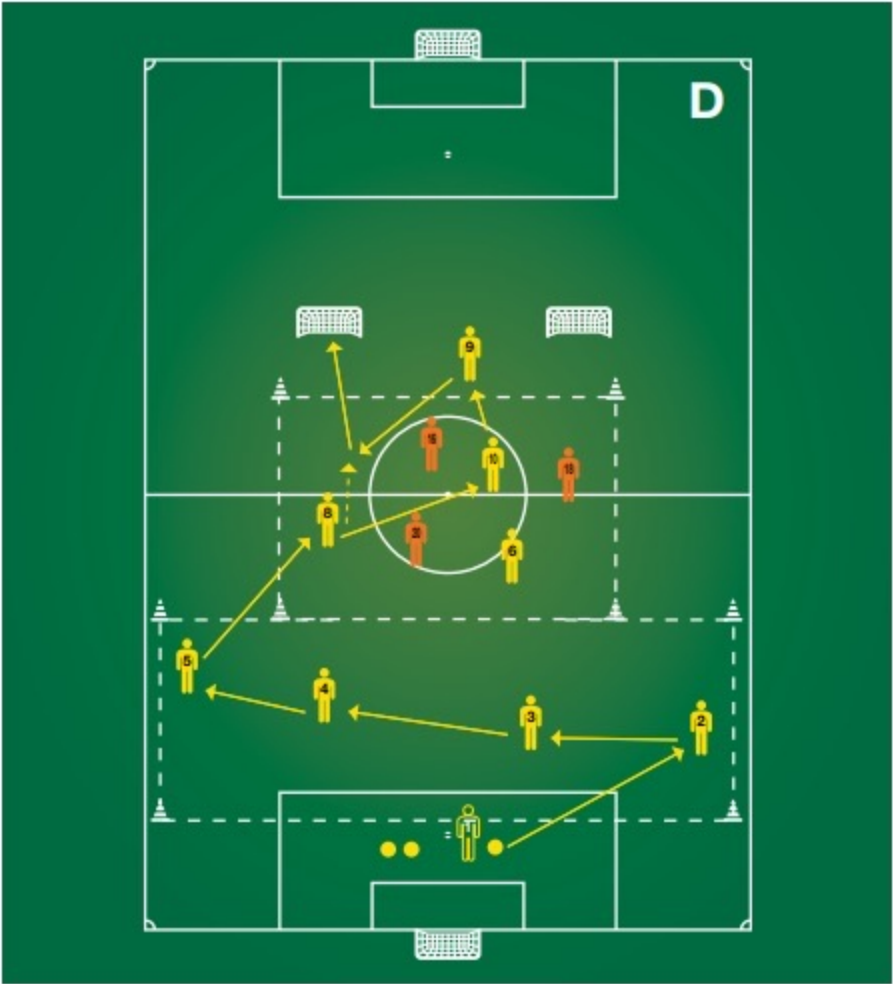


Midfield play Model Session 2

3. Game training component:

- Position a second 25m-50m grid adjacent to the one of the positioning game, as shown in diagram D
- Inside this grid are the defenders #2; 3; 4 and 5 of the yellow team
- Goalkeeper #1 serves them a ball and they combine amongst each other till there is a good situation to pass to one of the midfielders in the adjacent grid
- The midfielders try to pass into one of the two small goals, using #9 as a bouncer
- If the orange team intercepts the ball, they try to pass the ball into the hands of #1
- After every successful/unsuccessful attempt: #1 restarts again
- Next step is to introduce 1 or more opponent(s) in the grid of the defenders

This organisation is aimed at practicing midfield play in relation to building-up

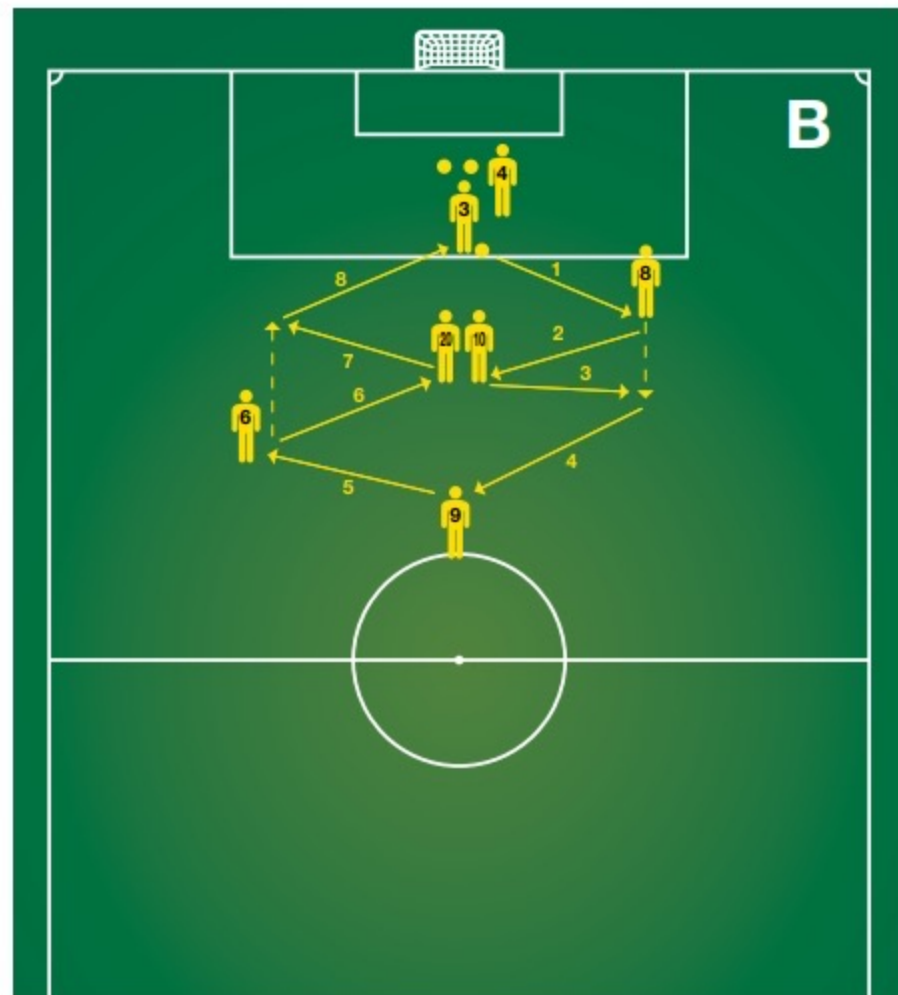


Midfield play Model Session 2

- "Here is another variation" (see diagram B)
- Player rotations are now as follows: #3 goes to #8, #8 to #9, #9 to #6 and #6 back to #1 (then recommence)
- #10 and #20 stay in the middle
- "Now just improvise but use a logical order and every player must touch the ball"

Remark:

- Position the exercise in a 'realistic' area of the field



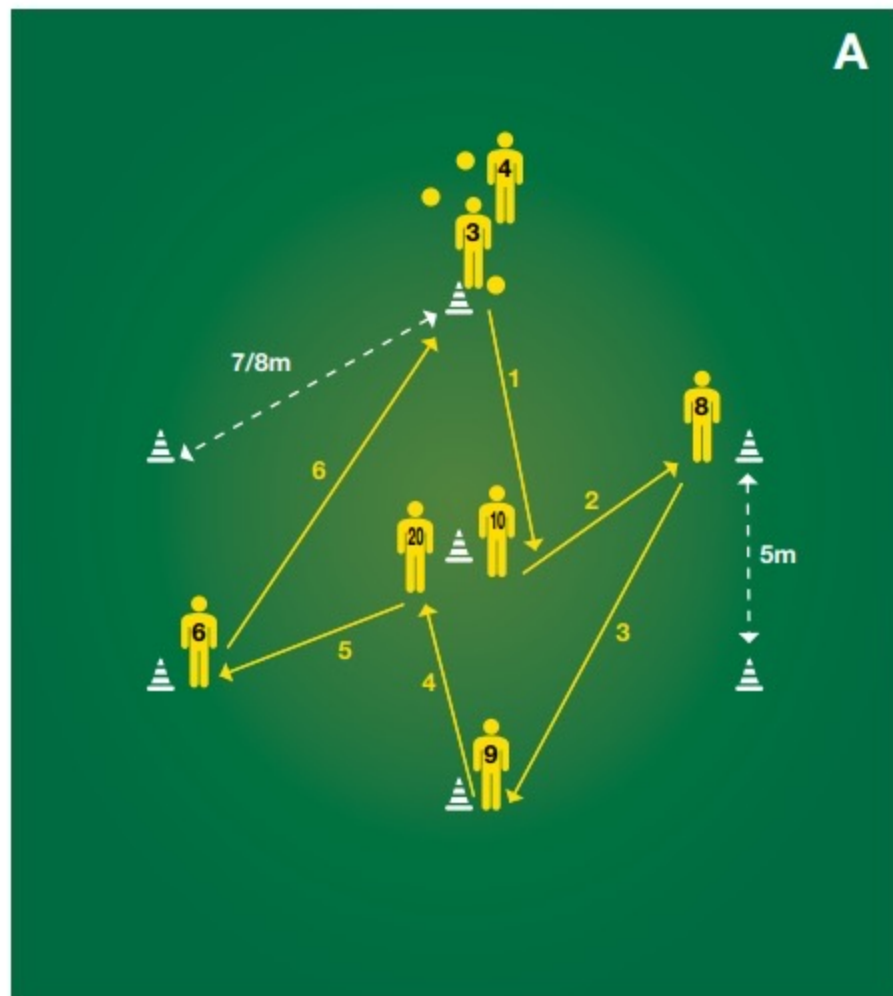
Midfield play Model Session 2

1. Warm-up: passing exercise

- Cones and players positioned as shown in diagram A.
- If the number of players allows/requires: 2 players per position or a similar organisation on the other half of the pitch
- At least 2 players at the starting position and 2 at the central cone
- The players pass the ball around in a 'logical' sequence (1-6)
- Players follow their pass to the next position
- Now go the other way around and players #6 and #8 adjust accordingly

Possible Coaches Remarks:

- "Pass precision and ball speed"
- "Check off before asking/receiving the ball"
- "Now we go in the opposite direction"
- "Gradually increase your running speed"



Midfield play Model Session 2

2. Positioning game: 3 v 3 + 2 (5 v 3)

- A grid of approximately 30m x 25m, positioned in 'game realistic' area of the field (see diagram C)
- Two groups of 3 outfield players
- One team consisting of the midfield players #6-8 and #10 (yellow in diagram)
- #3 and #9 are neutral players, positioned on each back line
- The players, as far as the game allows, in 'logical' positions
- #3 starts the game for yellow who must try to pass the ball on the ground to #9 on the opposite side
- #9 must now pass the ball back across the grid to #3, who starts again
- If orange wins the ball, they must try to pass to #9 who restarts the game with orange in possession and yellow defending
- If the pass across the grid is intercepted (or #3 is not able to properly control it), the game restarts with #9 and possession for orange

Steps up or down:

- Make grids bigger/smaller
- Free/limited touches
- Free/minimum number of passes before you can play to #3 or #9
- 1 point for every completed sequence



Midfield play Model Session 2

4. Training game

- 8 v 8, normal rules apply (diagram F)
- Formation yellow: 1-4-3-1
- Formation orange: 1-2-3-3
- If our training aim is to improve midfield play in relation to building-up we focus on the execution of the **yellow team**
- If our training aim is to improve midfield play in relation to attacking we focus on the execution of the **orange team**

