



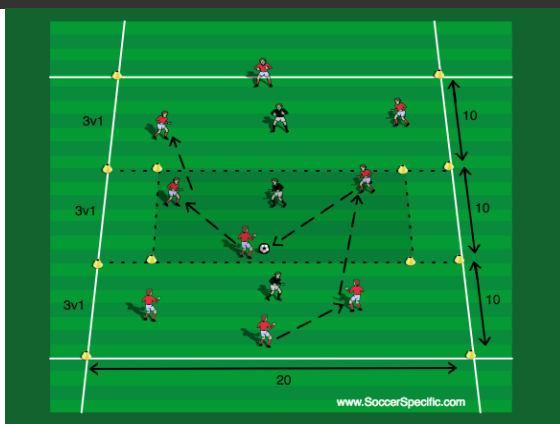
PLAYING THROUGH MIDFIELD

Date: Apr 28, 2018

Duration: 1:00

Team: SoccerSpecific

Intensity: ● (7/10) | Category: Tech / Tact

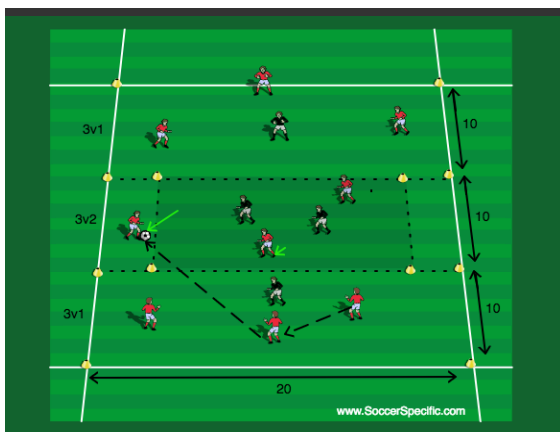


1

Setup: Playing area is divided in zones as shown. Each zone has a 3v1 organised. *Note: the Central zone is a reduced width (only shaded area utilised).

Instructions: The players in each zone must maintain possession against the Defender; End zones may use 1 or 2-touch play; Central zone 1-touch is encouraged. At this stage - players in Central grid are not permitted to 'turn' = must play the way they are facing - this is to encourage quick 1-touch play and teammates to offer good supporting angles. Emphasis is on the central three players moving to create passing options and angles. Players must attempt 5 passes in each zone before moving the ball to the next zone. *Any errors = change Defender with player responsible for error.

Coaching Points: Warmup activity - gradually increase rhythm + tempo. Supporting angles to receive passes. Body position to receive - open body to see the pitch. Central Players: Orientation / Awareness of Defender + space = eyes continuously scanning looking for supporting angles. Quality of ball circulation - passing / receiving at high level.



2

Setup: Playing area is divided in zones as shown. 3v1 in End Zones / 3v2 in Central Zone. *Note: the Central zone is divided into Middle + 2 Narrow side channels.

Instructions: The players in each zone must maintain possession against the Defender(s); End zones may use 1 or 2-touch play; Central zone 1-touch is encouraged unless receiving in wide channel. At this stage - Central players may move into the narrow wide channels; in these wide channels they may receive / turn / pass. In the central (shaded) area = no turning. The wide narrow areas are to encourage the central players to 'pull away' into space and receive in half-turned body position in order to quickly play to the opposite grid. Each time play moves successfully through the Central area = 1 point. *Change Defensive players after designated playing time.

Coaching Points: Where is pressure - from behind / from side? Can I open my body to receive half-turned or do I need to play 1-touch to a teammate? Supporting angles to receive passes. Body position to receive - open body to see the pitch. Central Players: Orientation / Awareness of Defender + space = eyes continuously scanning looking for supporting angles. Quality



3

Setup: Playing area is divided in zones as shown. End Zones = 2v1 / Central Zone 3v3 + 1 Neutral (4v3).

Instructions: Play starts with a pass from the Coach into either EndZone - this creates a 2v1; the players are under immediate pressure from the opponent so they must look to play forward early into the central area. Central area is 3v3 + 1 = 4v3 for the team in possession. Emphasis is placed on successfully moving the ball through the Central area and in to the attacking EndZone. After the ball moves into the Attacking Zone 1 or 2 Players from Central zone can join the attack. Play starts with Coach after each goal / attempt at goal.

Coaching Points: Where is pressure - from behind / from side? Can I open my body to receive half-turned or do I need to play 1-touch to a teammate? Supporting angles to receive passes. Body position to receive - open body to see the pitch. Central Players: Orientation / Awareness of Defender + space = eyes continuously scanning looking for supporting angles. Quality of ball circulation - passing / receiving at high level.



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Setup: Playing area is divided in zones as shown. End Zones = 3v1 / Central Zone 3v3 +1 Neutral (4v3).

Instructions: Play starts with a pass from the Goalkeeper into either of his teammates in EndZone - this creates a 3v1 - they must quickly circulate the ball and look to play forward early into the central area. Central area is 3v3+1 = 4v3 for the team in possession. Emphasis is placed on successfully moving the ball through the Central area and in to the attacking EndZone. After the ball moves into the Attacking Zone 1 or 2 Players from Central zone can join the attack. Play starts with Goalkeeper after each goal / attempt at goal.

Coaching Points: Where is pressure - from behind / from side? Can I open my body to receive half-turned or do I need to play 1-touch to a teammate? Supporting angles to receive passes. Body position to receive - open body to see the pitch. Central Players: Orientation / Awareness of Defender + space = eyes continuously scanning looking for supporting angles. Quality of ball circulation - passing / receiving at high level.

4