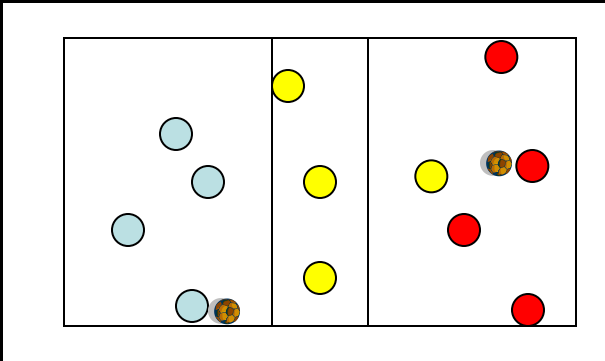


Playing into Midfield

Objective: To improve the players ability to recognize how and when to go forwards

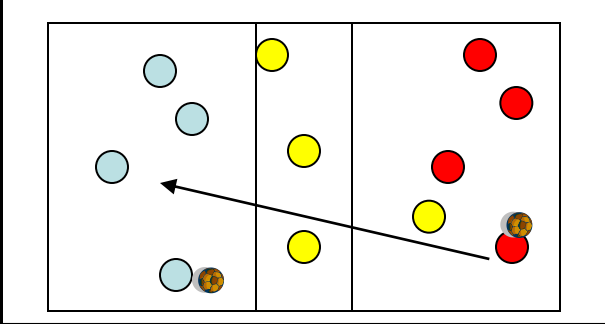


Organization

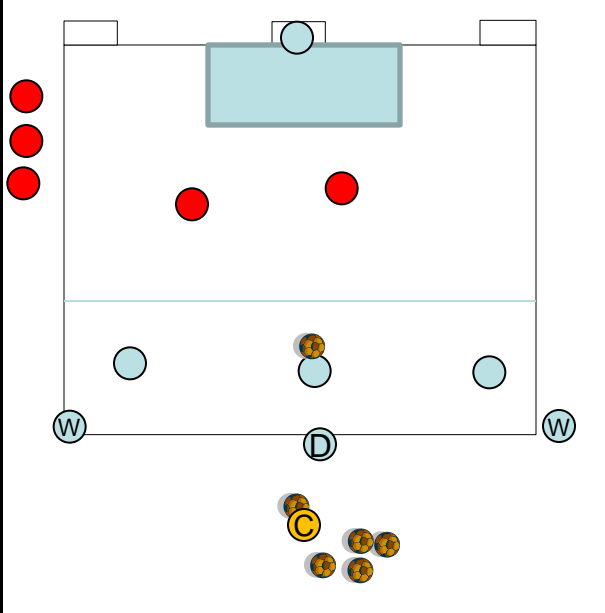
Area 40x30 with a 5 yard middle zone Two balls
3 teams of 4 (Teams of 3 for U9/10) with one in middle zone

1. Blue and Red team get 1 point for passing across the center area and 2 points for dribbling across
2. When both balls have been won back by the yellow team the lowest scoring team goes in the middle
3. Allow one defender to go into end zones to defend

- Coaching Points
- Team Shape
 - Ready to receive- On toes
 - Quality of pass- Accuracy/pace
 - Open Body shape- Open to make a penetrating pass
 - Awareness of opposite player
 - Movement of opposite player
 - Recognition of pressure
 - Movement off the ball
 - Specific Communication
 - Principles of attack- Always look to play forward first



Progress to playing with 1 ball
Now yellow sends across 1 defender
Team has to put together 3 passes before passing across
Defender cannot go in the area until the ball is in
Start at first with 1 in the middle and add

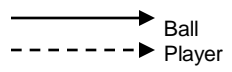


Area ½ a regular field
Coach has a good supply of soccer balls
Blue team has a formation of 3-1
Red has 2 defenders at first
Blue team scores by finding checking forward in box or dribbling through the wide goals
Checking forward has 3 seconds in the box
At first don't allow the reds into opposing half
Ball is either passed or dribbled in by D
Red team scores by getting the ball back to the coach
U11 plus teams add wide players on blue team that over lap when wide midfielder gets the ball

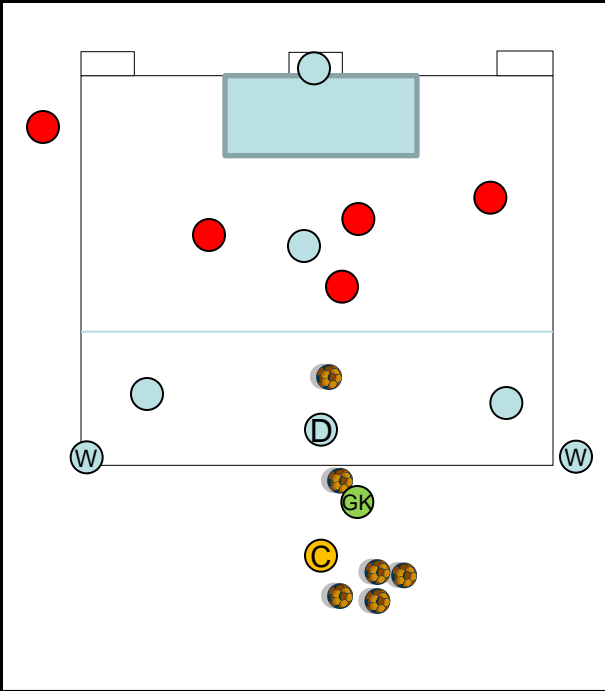
- Awareness of forward
- Timing of check
- Communication
- Recognition of weak side



Playing into Midfield

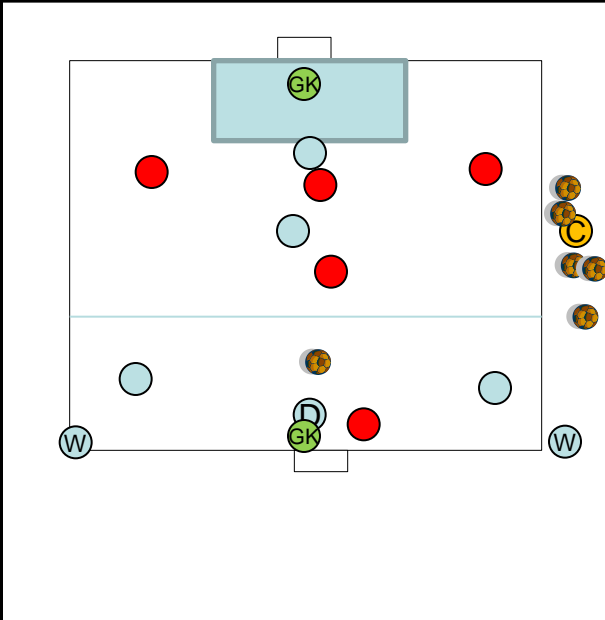


Objective: To improve the players ability to recognize how and when to go forwards



Area ½ a regular field
 Coach has a good supply of soccer balls
 Blue team has a formation of 3-1
 Red adds in another defender and a midfielder
 Blue team scores by finding checking forward in box or dribbling through the wide goals
 Ball is served in by the Blue GK
 Checking forward has 3 seconds in the box
 Ball is either passed or dribbled in by D
 Red team scores by getting the ball back to the coach
 U11 plus teams add wide players on blue team that over lap when wide midfielder gets the ball

- Coaching Points
- Awareness of forward
- Timing of check
- Communication
- Recognition of weak side



Build up to a full game
 5v5 with GK's
 Coach serves the ball into play

- Can you play into the forward?
- Can you attack the correct side of the field?
- Awareness of pressure