



Training the Center Mids

Category: Tactical: Possession

Difficulty: Difficult

Am-Club: Omaha FC
Alex MASON, Omaha, United States of America

Screen 1 (15 mins)

Club Warm-up, Running patterns and posture release



Screen 2 (25 mins)

Set up:

20x20 yard grid - u15 and above, three teams of 6 players.

Each team has two center mids, after both center mids have passed to each other the pass can be made to any of the players teammates on the outside, once the ball has been played out both players change positions, (Transition)

CPs:

- 1) Speed of play
- 2) Accuracy of pass
- 3) Space awareness, game vision
- 4) Transition
- 5) Communication & cues
- 6) Add set skills demands to central players, Double pass - Overlap - Individual skill moves
- 7) Fitness



Screen 3 (40 mins)

Set Up:

Half field, 18 players, two teams

Red team, Keeper, back four, 3 midfielders, Target Keeper.

Blue team, 3 central midfielders, choice of either flank winger, plus subs.

Game:

Target keeper starts game by playing a ball to any of the three central midfield players in blue, Every player in blue must get a touch before Blue breaks out of the grid playing into either Winger or by dribbling out. Once the central blue has dribbled out or the winger has touched the ball all other central midfield players break out of the midfield, at the same time the two high forwards have to race into an onside position. If Red team wins the ball they have to play into the Target Keeper, game repeats itself.

CPs:

- 1) Passing, Receiving, turning, shielding
- 2) Combinations
- 3) 1v1 Flank play
- 4) Penetrating passes & runs
- 5) Changing the point of Attack
- 6) Balance in possession
- 7) Team shape
- 8) Shots/goal scoring chances
- 9) Transition



