

### Main Aim

Offensive and defensive support from midfielders

### Warm-Up

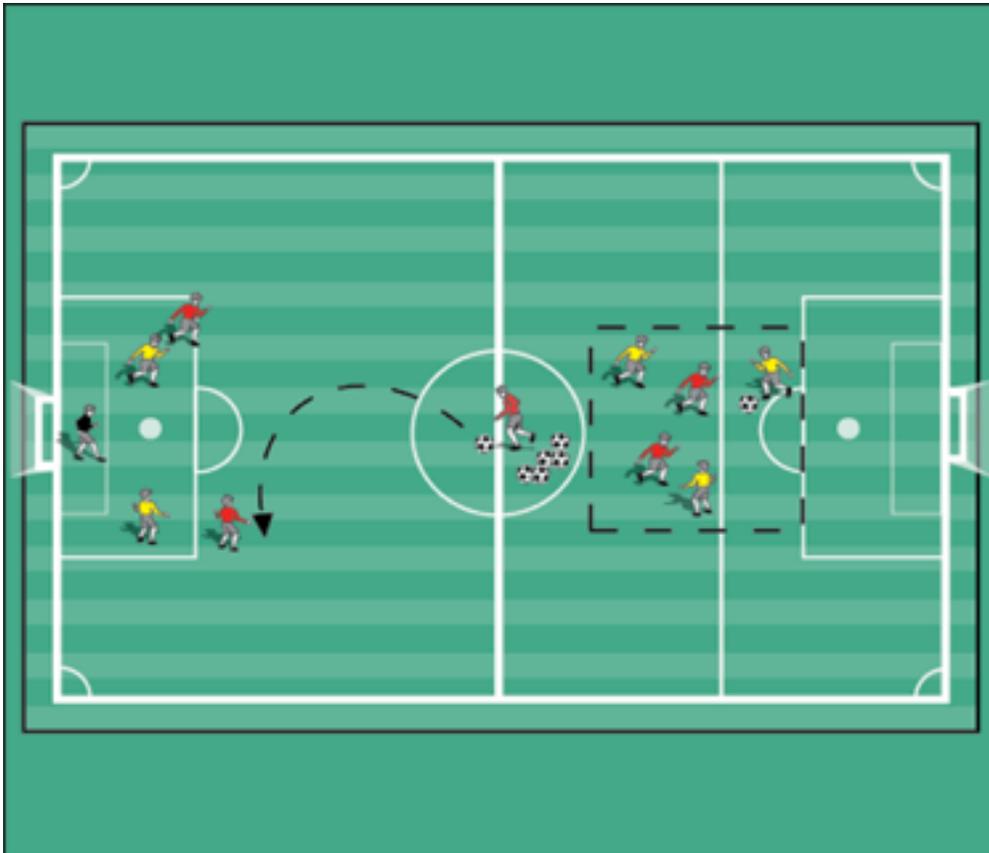
A ball between 2 players, linear passes: 3 meters, 5 meters, 10 meters, 20 meters, 40 meters.

### Offensive Support - 6 v 5

Two attackers and 2 defenders close to the goal area. Three midfielders against 3 defenders playing possession mini game in a 20 x 20 meters square placed on the other field. Central midfielder (positioned at half way line) will do a long pass to one of the attackers. Straight away the 6 players in the square and central midfielder go into play. If defenders steal the ball or GK gets it they try to cross a line marked at  $\frac{3}{4}$  of the field.

### Development

If the defending team wins the ball they try to score field to score in the opposite goal.



### Coaching Points

- Offensive support from midfielders, long passes
- Defensive: defensive support from midfielders, transition to counter attack

### Positional long pass

Four attackers play against 3 yellow players. The yellow midfielder plays a long pass to 2 grey defenders positioned at  $\frac{3}{4}$  of the field. The first touch of the defender has to be a heading to the second defender who will play a long pass to the dark team to go 4 x 3 against white team.



### **Coaching Points**

- Practice of long passes for midfielders and defenders
- Practice of defensive intentional heading for defenders

### **Four Midfielder**

Split the field into 3 zones. 2 defenders and 2 attackers in each end zone and 4 midfielders from each team in the middle zone. Only the midfielders can go move into their offensive and defensive zones.

### **Development**

- 5 midfielders (as in a 3-5-2)
- Between each transition midfielders have to keep possession for 6 passes



**Cool Down**  
Self massage