



## Midfield to Final third

**Category:** Tactical: Possession

**Difficulty:** Advanced

Am-Club: Omaha FC  
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### Screen 1 (15 mins)

Club Warm-up  
Running Patterns, Posture release.



### Screen 2 (30 mins)

Set up: 18 players  
Two grids working at the same time,  
A) Pattern passing grid, Players set up allowing up to 10 to 15 yard passing space

Allow players to work into the session, passing patterns must be done with pace and accuracy,

CPs:

- 1) Quality of passing
- 2) Check your shoulder
- 3) Check away - check in
- 4) Communication
- 5) Vision & awareness
- 6) Speed of play
- 7) Players follow their pass

B) 4v1 Grid CPs:

- 1) Speed of play
- 2) Supporting angles
- 3) Space awareness - get open, be big
- 4) Sharpness on the ball
- 5) Defending skills
- 6) Fitness



### Screen 3 (45 mins)

Set up: Half field, Formation can change based on your teams needs.

Blue team, Keeper, back four, 2 holding midfielders

Red team, 4 attacking midfielders with 3 forward, 4 subs

Game starts with any midfield player checking back to get a ball, if the ball is played wide into the flank areas the Winger attacks down the line and can only be defended by the full back. If Blue team wins the ball they can counter to the two wide flag gates/goals. If keeper makes a save the blue team looks to counter attack, zones areas do not now apply.

CPs:

- 1) Passing & Receiving demands
- 2) Tactical awareness (look for pattern worked on)
- 3) Combinations
- 4) Speed of play
- 5) Transition, Attack to Defending
- 6) Team Communication
- 7) Shape in build up play, width, depth
- 8) Team fitness



9) Allow two red players in the flank area, this will create 2v1 in attack and overlap options.