



Gavin Pugh, Director

Coach:

Team:

Topic: Improve Midfield Defending

Age:

Date:

Level:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> Play 4v4+4 Have three teams of 4, two of the teams work together to keep the ball away from the third team of four When the third team of four wins the ball the team that lost the ball has to play defense (Defenders hold practice vests, when they win the ball they drop them and new defenders must pick them up before they can play defense) 	<ul style="list-style-type: none"> Pressure, cover, balance 1st and 2nd defenders – do not get split Channeling – make the game predictable
<p>RESTRICTED SPACE</p>	<ul style="list-style-type: none"> Make a grid, and again have three teams (one of the teams should be your mids) The mids are in the middle of the grid, while the other two teams are on the outside of the grid on opposite sides The ball is on the outside, the teams pass the ball back and forth to try to confuse the defenders, if they can, the outside team tries to play the ball to the other outside team If the mids win the ball they give it back <p>Progressions: Points for winning the ball and playing the ball through, loser does fun forfeit</p>	<ul style="list-style-type: none"> As above Correct angles of support to deny penetrating passes Weakside midfielder providing balance to cover long diagonal pass and a lateral pass for vertical penetration
<p>ONE GOAL WITH COUNTER</p>	<ul style="list-style-type: none"> Play 6v4 on half of the field The 4 mids defend the goal, when they win the ball they look to play the ball to a target player that can move horizontally across the half line <p>Progressions: Add more players to the defending team, then to the attacking team</p>	<ul style="list-style-type: none"> As above Coach how to track dangerous runs Transition quickly once you have won the ball Man to man/zone/combination – employ Coach's strategy Team shape
<p>GAME – TWO GOALS</p>	<ul style="list-style-type: none"> Play 8v8 The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field Have the team you are coaching play a 2-4-2 against a 3-3-2 	<ul style="list-style-type: none"> Coach decision-making based on the coaching points above