



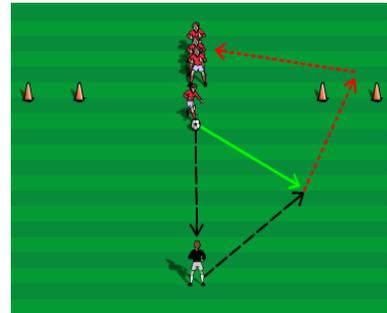
Playing Through Midfield

This session is aimed at working with the midfield to improve their stamina and making sure they can run up and down the pitch to score goals and stop the opposition from scoring for a full game.

Warm Up

Setup Players with a ball each, 20yards from target player

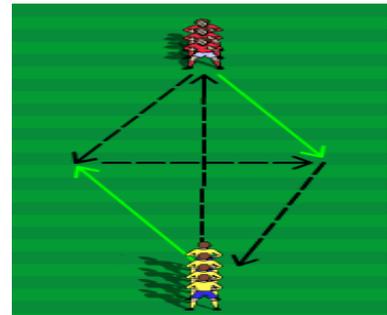
Description Players pass to the target player. They then must react and sprint to the second ball and then turn to dribble through the cones as quickly as possible. Play is continuous. Rotate and vary the types of feeds into the target player and the return ball.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup Players 15yards apart, one ball

Description Players make a long pass to opposite group. The receiving player passes out diagonally to the player who passed and they exchange a quick one-two before bringing the next two players into play. This is designed to get players passing and moving quickly.



Drill

Setup Half Field

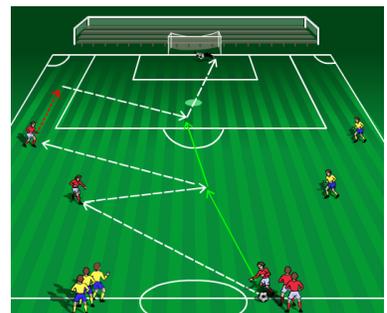
Description Midfielder makes a one-two with the first attacker then makes a pass to the next attacker and runs on to the return pass to shoot at goal. The midfielder becomes the second attacker. Players rotate and play goes both left and right



Development

Setup Half Field

Description Midfielder makes a one-two with the first attacker then makes a pass to the next attacker and runs on to the return pass to shoot at goal. Players rotate position. Continue until all players have had a shot and rotate attackers as well. Play left and right.

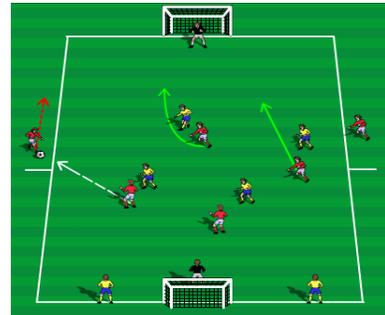




Game Related Practice

Setup 60x40yard pitch

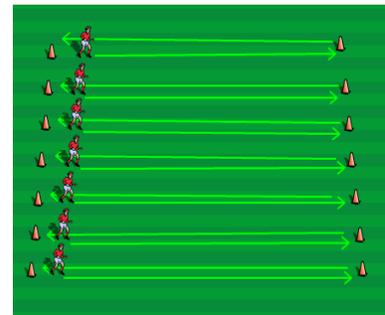
Description Red have a player on each wing and other team members try to score from a crossing situation. Players pass the ball wide and make forward runs into the box. Yellows have forwards outside the pitch Next to the goal to play one-two's with.



Cool Down

Setup Two markers, 20yards apart

Description Players lightly jog performing slow dynamic stretches such as lunges, squats etc. This can be progressed into static stretches. It is important to lower the heart rate gradually and stretch all of the major muscle groups to aid recovery.



Notes