



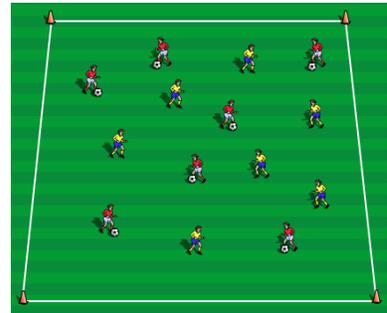
Playing Through Midfield

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 20x20yard box, players with a ball between two

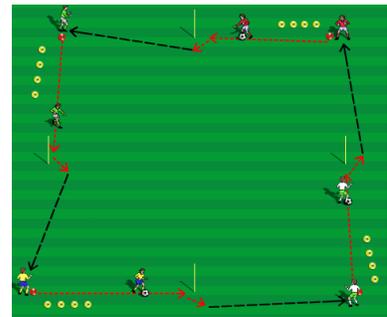
Description Split players into two groups. One group has a ball, the others jog within the boxed area making one-two's. Only one group should have possession and dribble with the ball. Emphasis is placed on use of space and players should shift the ball quickly.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup 20x20yard box, 4 Poles, 20 Discs positioned as shown

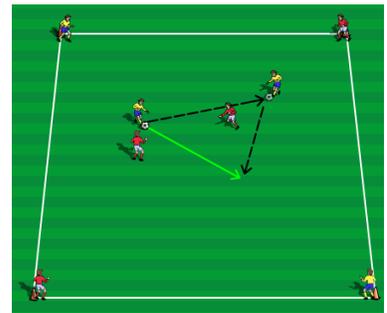
Description Players in four groups. Each groups start at the same time. Players dribble to the pole, fake and take the ball past as though it were an opposition player and passes into the next group. Players complete a SAQ drill through the markers on return to their group.



Drill

Setup 20x20yard box, players in teams of four

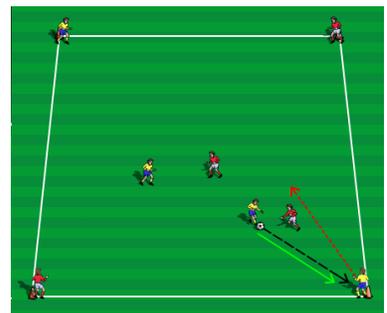
Description The object is for each central pair to pass the ball to their team mates located in the corners or keep possession until they can make the pass. Whoever plays the pass to the corner must follow the ball and switch places with the corner player.



Development

Setup 20x20yard box, players in teams of four

Description Progression from the drill. Now players are limited to two touches (one to control, one to pass). With this in mind, players should be encouraged to keep possession of the ball if they can't find their target and play with their heads up.

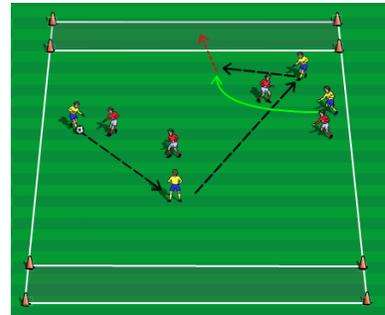




Game Related Practice

Setup 30x20yard pitch, two 5yard end zones

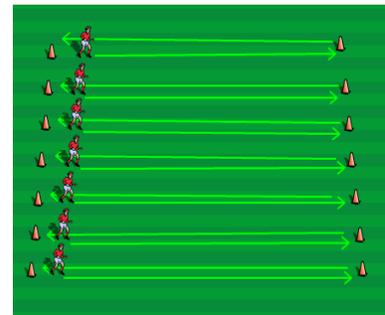
Description Teams pass to one of their players in an end zone to receive a point. If they are successful, they then must attack the opposite end zone. A maximum of one player from each team is allowed in either end zone, and then only for five seconds at a time.



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