



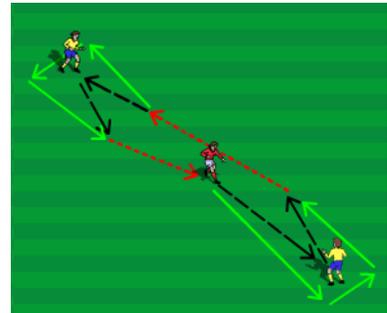
Playing Through Midfield

Being able to beat a player and see a defence splitting pass are two of the biggest attributes in an attacking midfielder. This session is aimed at enhancing these attributes.

Warm Up

Setup Start 20 yards apart, Players in 3's

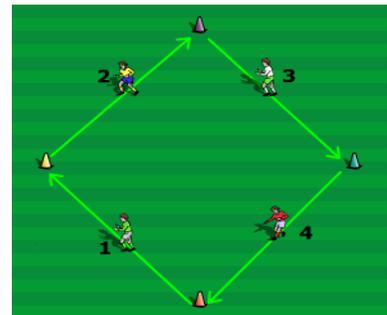
Description The working player works continuously for one minute. He must dribble half way across and then make a pass to the outside player. The working player must then make a run around the outside player and receive a pass.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup 10x10diamond, players in groups of 4

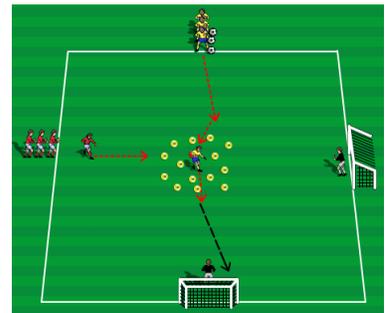
Description Players perform various SAQ activities such as;
(1) Side Step – Right Side Leading
(2) Backpedal
(3) Side Step – Left Side Leading
(4) Sprint



Drill

Setup 30x0yard box, 2x goals and markers set-out as shown

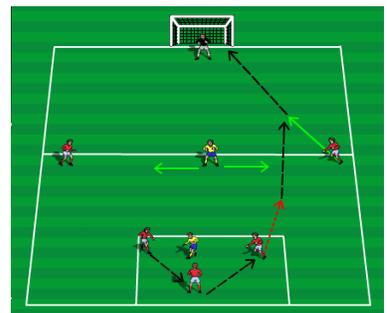
Description Players each dribble a ball on to the pitch. They try to use close control and quick footwork to go in and out of the cones then take a shot at their respective goal. Emphasis is on quick feet and dribbling at pace. Look for composure in front of goal.



Development

Setup 30x30yard box, 10yard box with goal opposite

Description The practice starts with a 3v1 passing practice in the 10-yard square. After the whistle is blown, one of the attackers is allowed to dribble the ball out of the area and towards the halfway line. They play a through ball and support the attack.

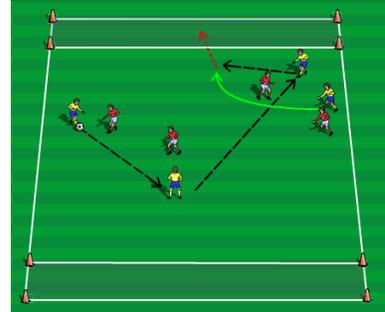




Game Related Practice

Setup 30x20yard pitch, two 5yard end zones

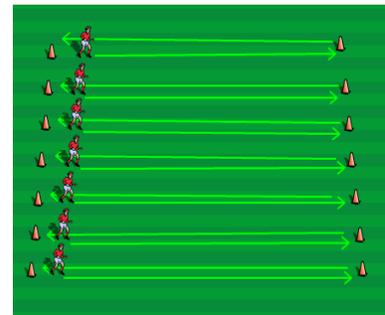
Description Teams pass to one of their players in an end zone to receive a point. If they are successful, they then must attack the opposite end zone. A maximum of one player from each team is allowed in either end zone, and then only for five seconds at a time.



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