

CHICAGO FIRE JUNIORS MIDFIELDERS



Defending

- Press the opposition to disrupt their flow
- Pressure, cover, balance
- Delay opposition attacks through “squeezing” space
- Good understanding of zonal and man-to-man marking
- Angle of recovery runs to get behind the ball
- Transition from attack to defense
- Communication with fellow midfielders, defenders and forwards

Attacking

- Support the play both behind and ahead of the ball
- Quick transition from defense to attack
- Make positive forward runs (with or without ball)
- Off the ball movement to create passing options
- Maintain team balance and shape
- Be the link between defense and attack
- Offer width and depth.
- Make runs to exploit and create space for self and teammates.
- Dictate the pace of the game
- Shooting from distance and close range
- Combination play in middle and attacking thirds of field.

Key Techniques

- Accurate passing using correct technique (i.e. lofted, driven, etc.)
- Receiving and turning under pressure
- Shooting from distance and close range
- Dribbling to possess and penetrate
- Heading
- Tackling
- Delaying
- Crossing from various angles

[Video Highlights](#)