



Midfield Control

Category: Tactical: Position specific
Difficulty: Moderate

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Description

Organisation (Practice Layout & Transition)

Screen 1

3/4 teams of 3

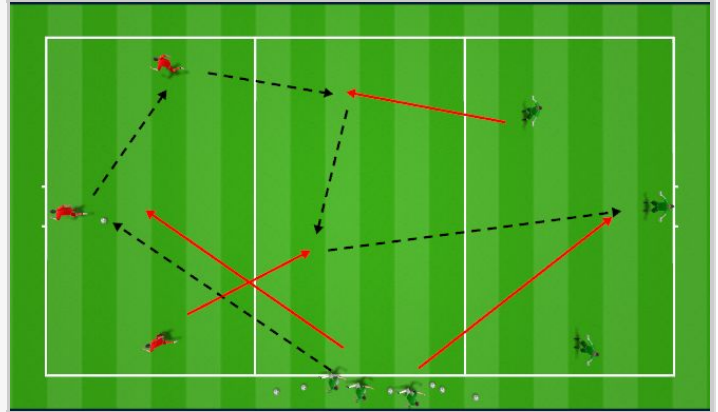
Red team in one grid on one end and blue team in the the grid on the other end. Middle grid is empty at the start.

Yellow team (defending) - they start with the ball, pass it the either blue or red to start. For example, yellow pass to one of the red, then yellow will go inside the grid and create a 3v1. Red keeps possession and not let yellow win the ball and yellow defend and try to win the ball.

When reds make 5 passes, they can transit the ball, but only can transit by connecting with a blue player coming into the middle grid and make a combination. Forexample, one of the blue comes into the middle grid and red passes to them, then blue player will need to bounce the ball back to a red player for them to play the ball to the next grid. (Blue needs to read the situation, he can either bounce it back to whoever pass to them, or bounce it to another red player who is on the other space)

after transition, another yellow player come to create 3v1.

Repeat.

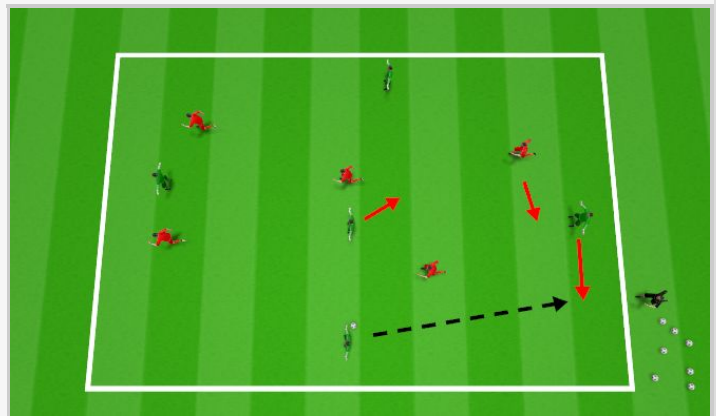


Screen 2

5v5 possession game

Applying what we done in the first drill into this possession game. Can we connect? Can we look for a 3rd player to play to space?

Finish with a SSG



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?