


Warm Up with midfield three (for 4-2-3-1, 4-1-4-1, 4-4-1-1) (10 mins)

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A simple warm-up/multi-directional game focusing on central midfield three movement. Set out a pitch with two goals/coned goals. Play 4 v 4 with 3 common players (your midfield three).

Initially: Common players are not allowed outside shaded area (note: other players can enter area); each team attacks just one end, after scoring they then defend their own goal until they win possession back.

Progression 1: Same as above but one common player is allowed outside the area to receive a pass/score. They must let their teammates know, after the phase of play has finished they must return to the shaded area (again, informing teammates)

Progression 2: Same as Rule 2, but after a team scores in one end they then attack the other end.

Coaching Points: Are the midfield three working as a unit (i.e. rotating, linking up play), can they always be an option for the team in possession. When exiting the shaded area, do they have a purpose in their movement? Are the other two common players providing balance and shape? Can they score a goal by creating a two-on-one situation?

Positional Exercise:

4v4 + 3

#4, #2, #3, #9

Neutrals are #6, #8, #10