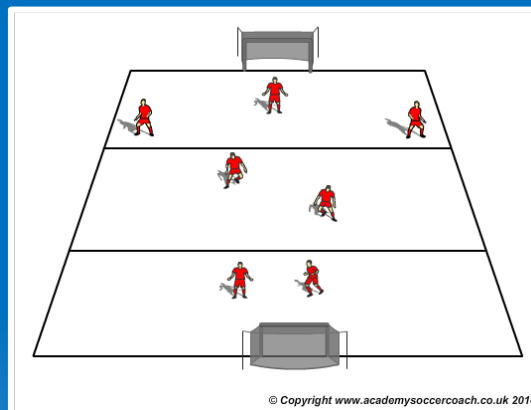
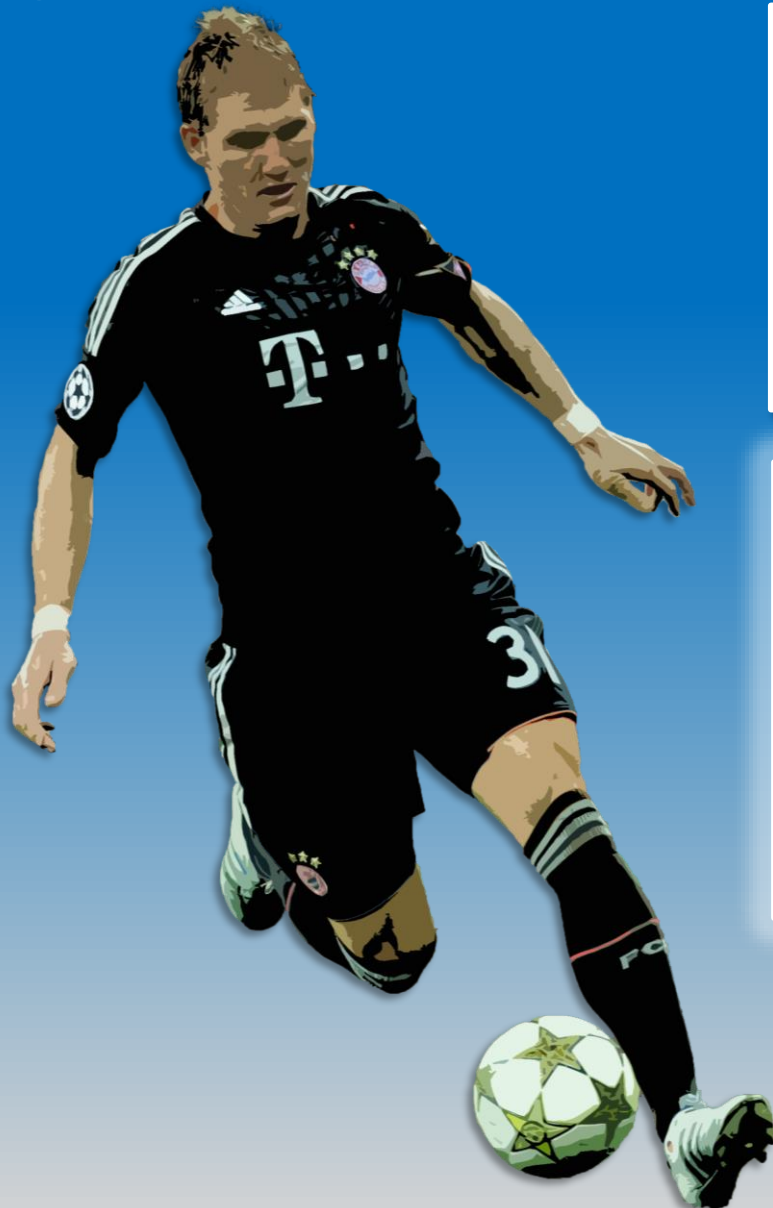


# A PRACTICE TO IMPROVE MIDFIELDERS UNDERSTANDING



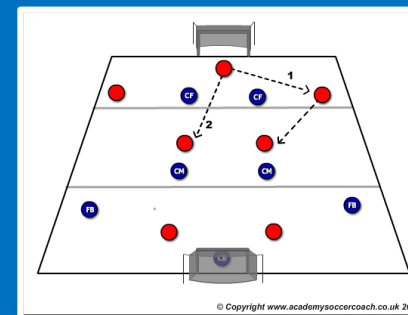
## 1. SET UP

SMALL SIDED 'THIRDS' GAME, TEAMS SET UP IN 3-2-2 FORMATION. PLAYERS PLAY IN ZONES TO START.

3X DEFENDERS  
2X CENTRAL MIDFIELDERS  
2X CENTRE FORWARDS/STRIKERS

ROTATE POSITIONS TO INCREASE UNDERSTANDING

CENTRAL DEFENDER STARTS THE GAME

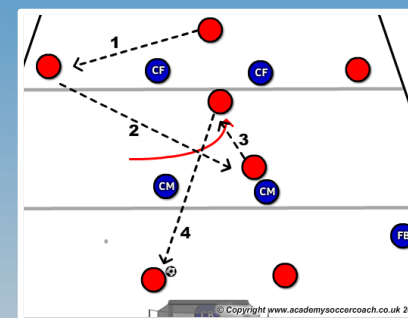
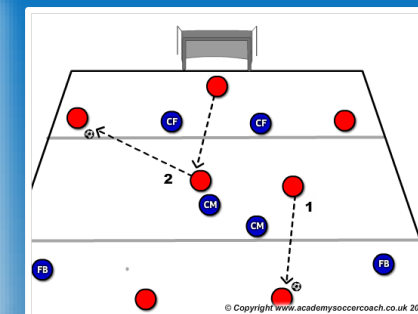


## 2. PLAYING FROM THE BACK

1. CENTRAL DEFENDER TO FULL BACK AND INTO MIDFIELDER
2. CENTRAL DEFENDER PLAYS THROUGH STRIKERS TO CENTRAL MIDFIELDER

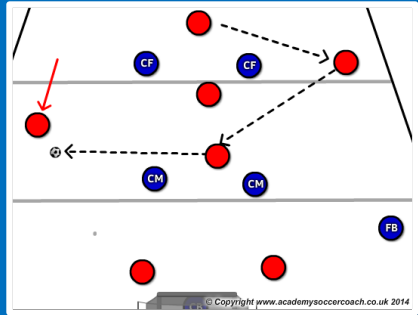
## 3. FORWARDS OR BACKWARDS?

1. MIDFIELDER RECEIVES AND PLAYS INTO STRIKER
2. MIDFIELDER RECEIVES AND MAINTAINS POSSESSION.



## 4. COMBINATION PLAY

1. CENTRAL DEFENDER TO FULL BACK AND INTO MIDFIELDER
2. CENTRAL DEFENDER PLAYS THROUGH STRIKERS TO CENTRAL MIDFIELDER

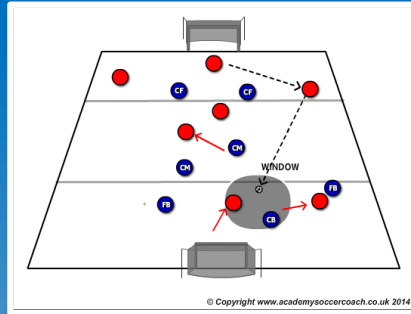


## 5. SWITCHING THE PLAY

ALLOW FULL BACKS TO 'JOIN' INTO THE MIDFIELD THIRD. MIDFIELDER RECEIVES AND LINKS TO RELEASE OPPOSITE FULL BACK.

## 6. CLEAR OUT...

CENTRAL MIDFIELDERS CLEAR THE PASSING LINE, FULL BACK PLAYS THROUGH THE 'WINDOW' TO STRIKERS FEET.

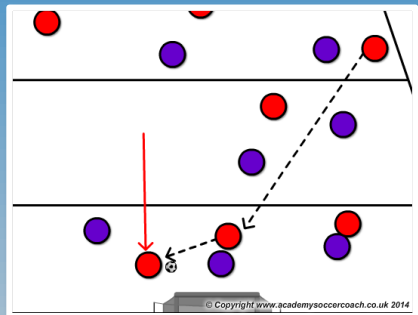


## 7. RUNNING BEYOND

ALLOW MIDFIELDERS TO 'JOIN' IN ATTACKING THIRD.

CAN YOU CREATE 2V1 SITUATIONS?

CAN YOU RUN 'BEYOND' THE STRIKER



# PATIENCE

IF YOU CAN'T PLAY FORWARDS BE PATIENT. KEEP POSSESSION. BUILD POSSESSION THROUGH THE THIRDS

# POSSESSION

EXPLAIN THE IMPORTANCE OF BUILDING AND MAINTAINING POSSESSION BUT EMPHASISE POSSESSION WITH A PURPOSE.

# PENETRATION

ULTIMATE 'PICTURE' IS RECEIVING AND PLAYING FORWARDS. ENCOURAGE SCANNING — TAKING IN INFORMATION TO BUILD A PICTURE



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